$29 Bi-Weekly Payments! starting at • $0 Down Payment! O.A.C. • $500 Referral Program! • Now Open in Medicine Hat, AB!

HOUSE OF CARS
SALES / SERVICE / FINANCE
"VOTED CALGARY'S TOP USED CAR DEALERSHIP 2016"
- Top Choice Awards

Call Today!
(587) 352-7307

www.houseofcarscalgary.com

Calgary metro

Your essential daily news | TUESDAY, MAY 24, 2016 | High 18°C /Low 4°C Partly cloudy

METRO POLL

Readers say NDP hurt most by #Elbowgate

metroVIEWS

VICTORIANS' SECRET

Tweed Riders dish on their dapper duds

metroNEWS

Kevin and Jenny Schlauch used old clothing from grandparents, baseball gear and whatever else was in their closets to dress to impress for the annual Calgary Tweed Ride. AARON CHATHA/METRO

TappCar heralds new era on roads

LICENSING

Ride-share service just one of several set to launch in city

Helen Pike
Metro | Calgary

It's not even Stampede and already Transportation Network Companies are getting ready to inch in on the taxi industry turf.

On Tuesday, TappCar, an Edmonton-based ride-share creation, will launch and ramp up employees as the first legal TNC Calgary has seen operational — so far, with many more readying their own rosters to come.

"We have received lots of positive feedback from Calgarians, who seem quite eager to use our service," said Pascal Ryffel, spokesman for TappCar. "We're counting on a little bit of patience in the first couple of weeks because we have to gauge what the response will be based on demand."

According to the City of Calgary, there are three companies currently registered and waiting to bolster their employee ranks before setting up in the city's expanded ride-hailing network. This just over a month after councillors debated their way to the new iteration of the city's livery bylaw.

Allied Black and Cowboy Taxi have also received their licences and there are three more Alberta-based companies applying through the city.

Since their app has launched in Calgary, Ryffel said they've had over 5,000 downloads. Currently, there are about 40 drivers on the roster, and the company hopes to bolster their supply by the end of this week to 70.

Blackfoot Motosports
46TH ANNIVERSARY
CARING FOR OUR CUSTOMERS SINCE 1970
WWW.BLACKFOOTONLINE.COM BLACKFOOT & 46TH AVE SE

TIME TO RIDE
BEST DEALS OF THE SEASON
UP TO $1,500 RETAIL INCENTIVES PLUS 5 YEAR WARRANTY ON ALL 2015 – 2017 STREET BIKES

SUZUKI
Way of Life!
WWW.SUZUKI.CA | /SuzukiCanada

THE BIG CLEANUP!

THE LOT'S TOO FULL SO WE'VE GOT SOME SERIOUS CLEANIN' TO DO!

2012 FORD FIESTA SE
T21449 • 90,356 KM
GREAT 1ST CAR!

$8,399

A FANTASTIC TRIP FOR TWO... WITH EVERY VEHICLE PURCHASE!

CHOOSE YOUR ESCAPE! YOUR CHOICE OF

CRUISE!
RESORT!
VEGAS!

2014 HONDA ACCORD EX COUPE
F-1095A • 10,686 KM
6-SPEED MANUAL!

$21,990

2014 F350 XLT CREW 4X4
T21486 • 73,658 KM
LONGBOX!

$28,990

2015 FORD FIESTA TITANIUM
4626 • 19,315 KM
LEATHER! LOADED!

$15,990

2015 FORD FUSION TITANIUM
4632 • 24,040 KM
LEATHER! SONY AUDIO!

$24,990

2014 F150 FX4 CREW 4X4
T21374 • 132,666 KM
5.0L V8 • MOONROOF!

$28,990

2013 FORD FIESTA SE
G-859A • 72,744 KM
SYNC! ALLOYS!

$22,599

2012 F150 XLT CREW 4X4
F-1655A • 96,781 KM
5.0L V8! TRAILER TOW!

$23,990

2013 FORD ESCAPE SEL 4WD
21448 • 19,262 KM
ECOBOOST! NAV!

$21,990

2011 MUSTANG GT COUPE
4643 • 48,000 KM
5.0L V8! SHAKER 1000 AUDIO!

$24,990

2013 FORD C-MAX SEL
G-525A • 86,500 KM
HYBRID!

$17,499

2012 F150 XLT CREW 4X4
T21439 93,900 KM
5.0L V8! TRAILER TOW!

$22,990

2011 MUSTANG GT CONVERTIBLE
F-1851A • 43,500 KM
5.0L V8! LEATHER!

$25,990

2012 F150 XLT CREW 4X4
G-736A • 91,549 KM
ECOBOOST! XTR PKG!

$24,990

2010 LINCOLN MKX AWD
4598A • 90,634 KM
LEATHER! PANORAMIC ROOF!

$20,990

2012 F150 XLT CREW 4X4
F-1380A • 79,181 KM
ECOBOOST! XTR PKG!

$25,990

2014 F150 XLT CREW 4X4
G-482A • 80,000 KM
5.0L V8! XTR PKG!

$28,990

ADVANTAGE Ford

12800 MACLEOD TRAIL SOUTH

(403) 451-6205

www.advantageford.ca

*PLEASE READ- ALL OFFERS OAC. ALL REBATES TO DEALER. ALL OFFERS INCLUDE TAXES, FEES AND EXCLUDE GST. INVENTORY ACCURATE AT TIME OF PUBLICATION. VEHICLES MAY NOT BE EXACTLY AS SHOWN. OFFERS END 05/28/16. SEE DEALER FOR FULL DETAILS.

WOOD AUTOMOTIVE GROUP

metro NEWS

Your essential daily news

Newborns of Idomeni: Refugee parents concerned for the future of kids born in camps. **World**

Horror Con gets ready to thrill

FILM

Convention offers up a slew of new and scary guests

Aaron Chatha
Metro | Calgary

Jason's been to hell.

He's been to space.

Now, he's coming to Calgary.

Ken Kirzinger, the man behind the Jason mask in Freddy vs. Jason, is slashing his way into town for this year's annual Horror Con, taking place on June 11 and 12 at the Clarion Hotel.

Every year the show brings together Hollywood horror stars, local SFX and prop makers and fans of the genre for a two-day horror extravaganza.

One of those special guests also includes Nat Jones, the artist and writer who has worked on Spawn, 28 Days Later and 30 Days of Night.

Jones said as both a fan and a returning guest, it's always a pleasure to go to Horror Con.

"One of the great things about Horror Con in particular, is it really gives you the chance to go one on one and have good conversations and interactions with other fans and the guests themselves," he said.

> I have monsters in masks, I have scream queens and I have panels — all around horror.
> Dan Doherty, Horror Con organizer

Ken Kirzinger, the man behind the Jason mask in Freddy Vs. Jason, will be appearing at this year's Horror Con. WIKIMEDIA COMMONS

Organizer Dan Doherty said a certain amount of fans like the genre because of how it makes them feel.

"It's a very raw emotion. It's an adrenaline rush. Core fans are able to immerse themselves in a good horror film," he explained.

But, there are also some who are much more interested in the props, makeup and special effects.

Doherty said quite a few of the guests coming this year, both local and national, have worked on small-scale and large-budget Hollywood special effects. As someone with experience in the area, Doherty said it sometimes becomes a competition — each new film wants things bigger, grosser and more over the top than the last one, and fans appreciate seeing all the work that goes on behind the scenes.

The convention will never become as big as the Calgary Comic Expo or other genre conventions, explained Doherty.

He doesn't want the Horror Con to expand to other forms of entertainment — it's a focused convention, specifically for the horror fan.

"I have monsters in masks, I have scream queens and I have panels — all around horror," he said.

MORE GUESTS

Emily Perkins: The Canadian actress known for playing Brigitte Fitzgerald in the cult hit Ginger Snaps franchise.

Amy Steel: She played teenager Ginny Field, who was hunted by Jason at Camp Crystal Lake in Friday the 13th Part II. She was the lucky one who survived the film.

Ari Lehman: Lehman played Jason Voorhees as a child in Friday the 13th.

Eugene Clark: The former college football player made his mark on horror by playing the head zombie, Big Daddy, in the film Land of the Dead.

Tyler Mane: The Saskatoon-born professional wrestler played the famed Michael Myers in the remake of Halloween.

DETAILS

For more information, visit horror-con.ca.

Outdoor weekend activities put on ice

WEATHER

Heritage Park attendance down amid rain, snow

Brodie Thomas
Metro | Calgary

A cold and rainy May long weekend has become a bit of a cliché — and yet that is exactly what Calgarians had to contend with this year.

Temperatures which had been in the 20s for much of the month plunged on Thursday, and remained in single-digit territory for most of the weekend.

Snowfall warnings were issued for Banff and Kananaskis, as well as for communities north of the city.

The cold weather put the kaibosh on many people's weekend plans — especially if those plans involved outdoor activities.

Calaway Park decided to close on the holiday Monday, after remaining open through the snow on Sunday. This was its official opening weekend.

"We were just shy of an inch of snow," said park manager Bob Williams. "When you get weather like this, a number of things come into play — one is safety for the guests."

> When you get weather like this, a number of things come into play — one is safety for the guests.
> Bob Williams

He said the park can stay open through rain, but on Monday a combination of rain and high winds led them to close down the park for the day.

Heritage Park — which also officially opens on the Victoria Day long weekend — saw fewer visitors than expected.

"Turnout was lower than we hoped, as to be expected due to the rain and snow (Sunday), but we still had visitors coming out to the park all three days," said spokesperson Barb Munro in an email.

"I recall last year's May long weekend was pretty cruddy too. Saturday and Sunday we had bus loads of guests from Fort McMurray."

WORD ON THE STREET

Did the weather affect your plans?

Aaron Chatha
Metro | Calgary

"No. We went to a wedding. It was great. I'm glad I wasn't camping. We had friends who were camping, but it didn't affect us." - Alex Quinn, Kate Blight

"I still hiked up two mountains in Banff, and we visited the hot springs in Radium. So, it didn't stop us, but I think we're a bit unusual." -Gemma Woticky, Jessica Lindal

"I didn't cancel anything, but I didn't do things I would have otherwise, like hiking." Tim Mallory

NORDSTROM

HALF YEARLY SALE

SAVE UP TO

40%

ON SELECTED STYLES
FOR MEN, WOMEN & KIDS

SHOP NOW
THROUGH MAY 29
AT NORDSTROM CHINOOK CENTRE

De Grood trial nears end

JUSTICE

Brentwood Five closing arguments Tuesday

Lucie Edwardson
Metro | Calgary

On April 15, 2014, five young Calgarians lost their lives while celebrating the end of a school year at a Brentwood house party.

The murder trial for Matthew de Grood, who admitted in an agreed statement of facts to stabbing and killing those who have become known as the Brentwood Five: Lawrence Hong, Jordan Segura, Kaiti Perras, Jordan Hunter and Zackariah Rathwell, is expected to wrap Tuesday, when lawyers deliver closing arguments.

Last week, de Grood's lawyer, Allan Fay, entered a not guilty plea, claiming his client was not criminally responsible (NCR), because it's believed de Grood suffered a psychotic episode at the time.

Opening the trial, court documents revealing a graphic account of that fatal night were read out loud, causing gasps and tears from family and friends in the gallery.

The documents revealed de Grood was acting strangely on the night of the murders and making odd comments about vampires and werewolves, the end of the world, Barack Obama as the antichrist and an imminent war he believed would spark the Armageddon that night.

The documents state that de Grood believed the victims were on the "side of evil," and he was protecting himself so they wouldn't kill him.

Multiple witnesses took the stand explaining how de Grood's behaviour had changed dramatically in the weeks leading up to April 15.

Witnesses said de Grood began spending time alone and became quiet and withdrawn. He added a number of unusual posts on Facebook — including lyrics from Megadeth songs, quotes from the Bible and ramblings on reincarnation.

In an unusual step, the families of the victims were given the opportunity one day to read victim tributes for their loved ones. Each victim was remembered for his or her passions, talents, love and charismatic personalities.

Three expert witnesses who examined de Grood, all testified that based on their interviews, reviewing police interviews and evidence, as well as collateral sources such as family and friends, de Grood had suffered a psychotic episode that night —likely brought on by undiagnosed and untreated schizophrenia.

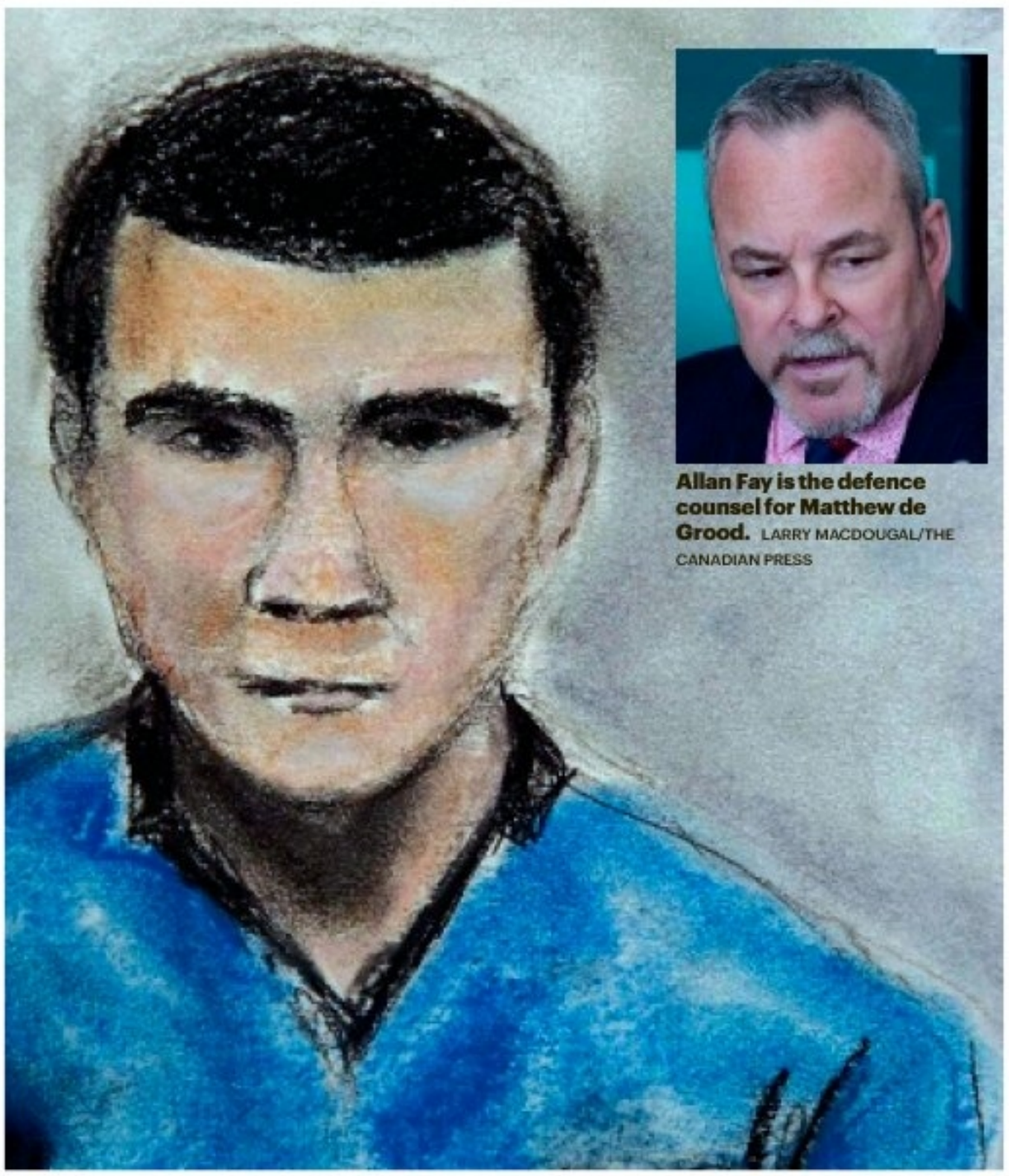
Fay believes he proved de Grood's NCR defence in court.

"I'm happy with the way the evidence came out," he said.

> **I'm happy with the way the evidence came out.**
> Defence counsel Allan Fay

"I think the experts who testified certainly support my position that my client was not criminally responsible at the time these events occurred."

De Grood has been undergoing treatment at the Southern Alberta Forensic Psychiatry Centre since his arrest and, if an NCR verdict is delivered, he will likely remain there for treatment.



Allan Fay is the defence counsel for Matthew de Grood. LARRY MACDOUGAL/THE CANADIAN PRESS

Matthew de Grood does not deny stabbing five people at a house party in 2014, but his lawyer is arguing he was suffering a psychotic episode at the time. JANICE FLETCHER/ THE CANADIAN PRESS

WHAT THE CRIMINAL CODE SAYS

Canada's Criminal Code allows for acquittal on the basis of a mental disorder: "No person is criminally responsible for an act committed or an omission made while suffering from a mental disorder that rendered the person incapable of appreciating the nature and quality of the act or omission or of knowing that it was wrong."
LUCIE EDWARDSON/METRO

IN BRIEF

Firecracker injures teen
A teen boy is in what EMS calls "limb-threatening" condition, after a homemade firecracker blew up in his hands Monday afternoon, according to police.

Calgary police said EMS were called around 1 p.m. to the 600 block of Midridge Drive SE after the firecracker went off.

Police said the boy was driven to the Foothills Medical Centre in serious but non-life-threatening condition. EMS said the teen suffered significant injuries to his hands. METRO

Man dead in vehicle
A 60-year-old man was found dead inside a burning vehicle at a campground in Balzac, Airdrie RCMP say.

On Friday at 4:55 a.m., Airdrie RCMP were sent to assist the Rocky View County Fire Department with a fire at a campground in Balzac.

The vehicle, which was engulfed by flames, was extinguished and the body found inside. METRO

3 charged for booze, pot
Cochrane RCMP charged one young person and ticketed two others after alcohol and marijuana was seen in "plain view" when officers stopped their vehicle on Sunday at 9:15 p.m., near the Highway 1A and Highway 22 intersection.

RCMP arrested all of the vehicle's occupants for possession of marijuana.

The vehicle was searched, revealing open alcohol within reach and 60 grams of marijuana.

The driver was issued a 24- hour driving suspension and was ticketed. METRO

fido

HIGH ON FEATURES LOW ON PRICE

For a limited time, get the Samsung Galaxy A5 for $0.*
Save $400 with a 2-year agreement.

- Refined full-metal design
- 5-inch HD display
- Ultra-slim 6.7 mm body

SAMSUNG GALAXY A5 FOR

$0

on a 2-year standard plan starting at **$45/month**

On Fido's amazingly fast LTE network.

Visit a store, shop on fido.ca or call 1-866-301-3436.

Subject to change without notice. *Phone price shown with activation of a Fido Standard plan on a 2-year Tab24 agreement. Early cancellation fees apply. Taxes extra. © 2016 Fido

Annual Tweed Ride gets city cyclists cruising in style

BIKE CULTURE

Victoria Day tradition raises money for charity

Aaron Chatha
Metro | Calgary

Calgary's cyclists tweeded out on Monday for the fifth annual Victoria Day Tweed Ride, in the name of making friends, looking good and raising money for Bicycles for Humanity.

"The Victorian holiday kind of resonates with tweed, Victorian dress and when the bicycle was new and reigned as king before the automobile," said organizer Kimberley Nelson.

"It's really a tip of the hat to history."

Despite the rain, dozens came out in classic clothing, mined from Calgary markets and hand-me-down wardrobes.

Kevin and Jenny Schlauch used a number of items they had at home, and scoured Value Village for missing pieces.

Kevin put together his outfit using his grandfather's shoes, socks he uses for baseball, a sweater his sister-in-law brought him from Hong Kong and the jacket he wears to work.

For them, it was about more than just the clothing.

"We love riding bikes. We're car-free," said Kevin. "Any excuse to ride, and any excuse to ride with a great group of people is good enough for us."

Cyclist Luke Alliband moved to Calgary from Australia nine months ago, and said biking has been a great way to meet people.

"I thought it would be fun to cruise around Calgary with a few like-minded people wearing ridiculous clothing," he laughed.

> I thought it would be fun to cruise around Calgary with a few like-minded people wearing ridiculous clothing.
> Luke Alliband

DETAILS

To get in on the action next year, visit tweedrideyyc.com for more information.

Before the race, bikers were greeted with tea and treats to really put them in the Victorian frame of mind. Without time to go shopping, Amy Beange raided her closet for any items that resembled the Victorian-tweed theme. "I just went through pictures on the net and managed to pull it together from what I already had." ALL PHOTOS AARON CHATHA/METRO

Abrar Monsur came to Calgary after organizing three tweed rides in Saskatoon — so naturally, it wasn't any trouble for the tweed-connoisseur to put together his outfit. Tommi Seida on the other hand was participating in her first tweed ride — and she said although she received funny looks on the way over, she felt right at home walking into the group of well-dressed individuals.

The cyclists took off from the East Village through Kensington, tipping hats to passerby and garnering looks for their unique style of dress. Although some used umbrellas and overcoats to protect themselves from the rain, many did not, and showed off their vintage clothing with pride.

HUDSON'S BAY OPTICAL

Calgary Downtown 403-262-0345 x3358
Calgary Market Mall 403-286-1220 x406
Calgary Southcentre Mall 403-278-9520 x450

*Complete pair purchase required. Some designer frames are 25% off. **Select designer brands only. Packages include plastic, scratch-resistant lenses or Instinctive progressive lenses. Specialty lenses and features, and strong prescriptions are additional. May not be combined with any other offers, vision care plan, package pricing or used with prior purchases. See optician for details. Offer ends May 31, 2016.

HUDSON'S BAY

Interac Debit.
Now on Apple Pay.

Add your *Interac* debit card to
Apple Pay and pay with your own money.

Interac | Pay

Interac and the *Interac* logo are registered trade-marks of Interac Inc. Used under license.

TappCar: All you need to know

RIDESHARING

Metro delves into the details of the 'hybrid' company

Helen Pike
Metro | Calgary

For those looking to ride with TappCar:

TappCar describes their model as a true "hybrid" of the taxi and TNC system. Picking the "best of both worlds" — but in the end, that's for you to decide.

In Calgary, the company is completely app based. You can book rides in advance — a feature not available on Uber — and the drivers are expected to adhere to "high standards" of operation with a lot of scrutiny into driver selection.

"We're always cheaper than taxis, depending on the trip, on average we're a little more expensive than Uber," Ryffel said.

Another feature allows users to set automatic tip amounts through the app.

The cars can't be more than five years old and, through a discussion with livery, are now allowed to include a small decal to help passengers know they are getting into the right vehicle.

"People who are working in the service industry have to catch a car at maybe 2 or 3 a.m.," Ryffel said. "To get into an unmarked car is pretty sketchy."

Who is behind TappCar?

The rideshare company originated in Edmonton where it was once just the idea amongst a group of people trying to slow, or even stop, the bylaws it now lawfully operates under.

"There was a group of us that were retained by the Teamsters Union," Ryffel said. "We started the Alberta Taxi Group, and the idea of that group was to slow down the (Edmonton) bylaw, or ideally prevent it from coming in all together."

They were lobbying in favour of the average taxi drivers, who weren't happy with brokers, and were less happy of having legislation rammed through municipal government to favour a big corporation.

"Around the end of last year it became clear the bylaw in Edmonton was going to pass no matter what, the writing was on the wall," Ryffel said.

"We thought maybe there was another possibility, the possibility of creating a new company."

And now there's TappCar.

How does it work for drivers?

TappCar isn't like Uber at all, especially on the driver's side.

As it is set up right now, the company really shows favouritism for full-time drivers.

If you want to be a driver you have to have a pretty new vehicle, and be able to drive enough to pay the $250 a week subscription fee.

"We do offer our drivers pension and healthcare benefits," Ryffel said. "We put a heavy focus on treating our drivers well. We make sure we have happy drivers, and that leads to happy customers."

The insurance and perks are covered under TappCar's fee and vehicles are largely driver-owned.

Ryffel said once the province introduces their insurance solution for TNCs, they may come up with a solution that makes TappCar more accessible to part-timers.

Cost of a 10 km taxi/rideshare trip in Calgary

Checker Yellow Cabs	Associated Cab	Calgary Cab	Delta Cab	Mayfair Taxi	TappCar
$17.22	$17.22	$16.21	$17.22	$17.22	$21.04

PATIENTS

Health, police services team up for mental health program

Jeremy Simes
For Metro | Calgary

Organizations hope a new initiative will reduce the number of mental health apprehensions. THE CANADIAN PRESS

A new joint mental health initiative by Calgary police and Alberta Health Services aims to see patient outcomes improve and officers better use their resources.

Outlined in the fourth quarter of the Calgary Police Service's (CPS) 2015-2018 business plan, police and AHS will pilot an initiative that gets officers out of waiting rooms quicker, and reduce the number of patients brought in by police.

The plan to reduce the number of Form 10 apprehensions — which lets police arrest people they deem a danger to themselves or the public — will benefit the community, according to Kelly Sundberg, a criminologist and associate professor in the department of Justice Studies at Mount Royal University.

"It's a great thing," Sundberg said. "Sometimes (Form 10) is a necessity, but it's much better for the person and community … to address these issues through trained health care professionals as opposed to having direct enforcement."

The plan will see the hiring of four mental health clinicians in the city. They workers will provide consultation, education and client care plans.

According to the government, the workers will be readily available to liaise with police officers who arrive with patients who were apprehended under Form 10.

"AHS and Calgary and Edmonton police are working on a program that I hope will create a stronger link between mental health workers and law enforcement," said Health Minister Sarah Hoffman. "The goal is to get police back in the community and mental health patients receiving the right care as soon as possible rather than having officers with patients waiting in emergency rooms."

How police intend to reduce the number of Form 10 apprehensions has yet to be detailed, as AHS and CPS continue discussing the plan.

Less Form 10's mean police can spend more time on other duties, Sundberg said, adding the initiative will reduce costs.

"These individuals are suffering a mental issue and they need help," he said.

"If a trained mental health professional can address that, it's less stressful for them, it's more productive for us as a community … and often the outcomes are much better."

He said health care workers would better understand how to handle mental health patients.

"They take a compassionate approach," he said. "These people know what they're doing.".

After wildfires ravaged the region on May 4, the government budgeted $100 million toward a debit card program for evacuees, which hasn't been used up yet. THE CANADIAN PRESS

WEATHER

Fort Mac misses out on weekend rain

Ryan Tumilty
Metro | Edmonton

While much of Alberta was deluged with rain this weekend, the wet weather largely skipped the Fort McMurray area where it is needed most.

Edmonton alone received over 50 millimetres of rain over the long weekend, but in Fort McMurray the totals were far lower and the fire grew to 522,000 hectares as of Sunday afternoon.

"We have received a minimal amount of rain in Fort McMurray, about five millimetres over the last 48 hours," said wildfire information officer Laura Stewart.

She said the lack of rain was disappointing, but the weather did help a little bit over the course of the weekend.

"The temperatures have cooled, winds are calm and the humidity is quite a bit higher, so that is certainly helping with fire behaviour," she said.

She said while rain would be better, the conditions over the last few days at least didn't involve extreme heat and high winds.

When the fire is extreme as it was a few days ago, it makes it unsafe for the firefighters to be in certain areas

She said in these cooler conditions, which should continue, firefighters can do more to get in front of the blaze.

"The cooler calmer conditions have really helped firefighters and the temperatures aren't expected to spike over the next couple of days so firefighters will continue to make good progress."

> **The cooler calmer conditions have really helped firefighters.**
> Laura Stewart

Relief funds questioned

FORT MCMURRAY

Residents call on NDP for transparency

Jeremy Simes
For Metro | Calgary

The NDP has been smoky about administration costs associated with doling out debit cards for Fort McMurray residents, and some folks are wondering why they can't get answers.

Since end of day Wednesday, the government's $100 million relief program saw the expenditure of $73.1 million to assist 70,252 individuals, prompting Fort McMurray resident Frank Bayuk to question what will happen to the remainder and admin costs associated with the program.

The government, however, wouldn't provide how much it's spent to roll out the debit card program, even though it has outlined the associated costs for a contractor to roll out the program.

John Archer, Alberta government media officer, said the government isn't in a position to tabulate or discuss admin costs as it's focussed on delivering necessary services to those affected by the fire.

Bayuk, who is staying in an Edmonton hotel, said he wishes the government was more transparent.

"I've called to see what's happening with the rest of the money," Bayuk said. "If there will be extra, why not further help the people of Fort Mac?'"

Archer said remaining dollars will stay within government for "other priorities," adding administration costs will be on top of the budgeted $100 million.

Though the government hasn't released admin costs associated with the debit card program, Wildrose environment critic Todd Loewen said money could've been saved if the NDP e-transferred relief funds while providing cards to those who can't access online banking.

Municipal Affairs Minister Danielle Larivee has said the government considered e-transferring money to evacuees, but decided against it as the province wanted to provide financial flexibility.

The Red Cross chose to provide e-transfers, but Larivee said not all people prefer online banking.

The Red Cross doesn't have final relief administration costs as their $50 million relief program is ongoing. According to Red Cross spokeswoman Shelly Makrugin, final costs will be available once all the money has been delivered to affected families. As of May 16, $41 million had been transferred.

> **I've called to see what's happening with ... the money.**
> Frank Bayuk

FUNDRAISING

Donations for Fort Mac hit $100 million

Alex Boyd
Metro | Edmonton

Donations to the Red Cross to aid evacuees fleeing the Fort McMurray wildfire have crossed the $100-million mark.

Officials with the organization confirmed, the outpouring of money from people across the country has made it one of the largest fundraising efforts for a natural disaster in Canadian history.

Diane Shannon, executive director of the United Way chapter in Fort McMurray, said that while the city is used to helping — residents rallied most recently for the flood in 2013 — to be in need of a helping hand is new.

"This has been incredibly different and humbling to be on the receiving end for every single citizen, rather than on the giving end helping others," she said.

She credits much of the way in which the fire resonated with donors to the demographics of the city.

"Fort McMurray is made up of people from all across the country. Our roots are in every community in every province," she said.

"Everybody knows a family that has a tie to Fort McMurray, and I think it felt really close to home for lots of people."

Adam Zawadiuk, president of the Edmonton chapter of the Association of Fundraising Professionals, adds that Albertans have a strong history of supporting their neighbours, as shown during the southern Alberta flood, for example.

Zawadiuk, who calls the response the "largest and most rapid fundraising campaign I've ever seen" said media also played a major role. "Strong media, and social media coverage provided a constant update of and immediate engagement with the evacuation," he said.

Both say donations have come from all sectors of society, showing how widespread the compassion is.

Mackenzie Boarding Kennel owner Randy Mackenzie was among many who rescued numerous animals in the facility's care. FACEBOOK/MACKENZIE BOARDING KENNEL

Kennel saves pets in care

EVACUATION

Company got animals out as flames threatened site

Jeremy Simes
For Metro | Calgary

The Mackenzie Boarding Kennel in Fort McMurray managed to rescue every animal in its care — and some extra furry critters along the way — after kennel owners were ordered to flee on May 4 due to raging wildfires.

As flames encroached on Fort McMurray earlier this month, hundreds of animals were either displaced, with their owners, or trapped in homes as people couldn't re-enter the city.

> **They were thinking of the animals and not themselves ...**
> Koralee Samaroden

At the time, Metro reported that animals at the shelter had been abandoned after speaking with local SPCA workers, when in fact all the animals were safely rescued.

On Facebook, the boarding kennel said owners Randy and Carol MacKenzie — along with their friends — spent three days on "high alert" prior to threatening flames, transferring animals to locations to ensure their safety.

"On the day of the evacuation, and through the following 12 hours, we managed to evacuate every animal in the care, custody and control of Mackenzie Kennels out of Fort McMurray," read Mackenzie Boarding Kennel's Facebook page.

"We even had a few extras picked up along the way.

"We got out 64 dogs. Which included 34 sled dogs, 15 boarding dogs, 11 pet and foster dogs and 4 wolf hybrids. Along with the dogs, six cats, three turtles, three parrots, two sheep and two lizards were evacuated."

Koralee Samaroden, who housed two dogs from the boarding kennel, said the owners are well-respected in Fort McMurray.

"They were thinking of the animals and not themselves when they prepared two days ahead of the evacuation," Samaroden said in an email. "His is the only kennel in McMurray and it is a much needed business in our community."

Mackenzie Boarding Kennel owners and the company's spokesman, Nic Lyndsay, were unable to comment by press time.

More than you expect. Plus $50 bonus.

SAMSUNG Galaxy S7

$40/mo

Save $50 over ten months on our plans from $40, plus get all this:

- 5GB full-speed data (limited time offer)
- Unlimited Canada-wide calling
- Unlimited global texting
- Unlimited Canada / U.S. picture / video messaging
- Up to $650 towards the purchase of a new phone with WINDtab
- Low international calling from 1 cent/min

Offer ends soon.

WIND

Learn more at WINDmobile.ca. $40 2 GB bonus plan starts May 1, 2016 and ends May 31, 2016. $50 service credit offer starts May 12, 2016. These offers are subject to change or cancellation without notice. To be eligible, you must activate a new Pay Before or Pay After line on a plan with a monthly charge of $40 or higher. A $5 monthly credit will be applied to your account for up to 10 months to a maximum of $50. May not be combined with any other in-market offer, with the exception of the Bring Your Own Device service credit, Better Together Savings and Refer a Friend program. All plan features in Canada are from anywhere on our network, otherwise long distance and roaming rates apply. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Samsung and Samsung Galaxy S7 are trademarks of Samsung Electronics Canada, Inc. and/ or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p.A and are used under licence in Canada by WIND Mobile Corp. © 2016 WIND Mobile.

GREAT VALUE ON THE ROAD AND DOWN THE ROAD.

THIS MODEL EARNED THE VINCENTRIC AWARD FOR LOWEST COST OF OWNERSHIP.

VINCENTRIC LOWEST COST† TO OWN 2015

- 1.6L EcoBoost® Engine
- 178 Horsepower
- Air Conditioning
- Keyless Entry
- Roof-Rack Side Rails
- Rear View Camera†
- 17" Aluminum Wheels
- SYNC® 3 Enhanced Voice Recognition^

OWN THE **2016**

ESCAPE SE 4WD

$27,839* INCLUDING **$4,250** MANUFACTURER REBATES

OFFER INCLUDES $1,790 IN FREIGHT AND AIR TAX.

PLUS, GET AN ADDITIONAL

$1,500[x] | **BONUS CASH** TOWARDS THE **ESCAPE**

ENDS MAY 31ST

*IT'S **EASY** TO GET INTO A **FORD***

Shop now at **findyourford.ca** or drop by your **Alberta Ford Store.**

Ford

Go Further

SiriusXM

Available in most new Ford vehicles with 6-month pre-paid subscription

Oh hey, you're looking for the legal, right? Take a look, here it is: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. Dealer order or transfer may be required as inventory may vary by dealer. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible vainchecklable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). *Until May 31, 2016, cash purchase a new Escape SE FWD for $27,839 after Manufacturer Rebates of $4,250 is deducted. Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. Offer includes freight and air tax of $1,790 but excludes variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, administration fees, any environmental charges or fees, and all applicable taxes. ^Offer valid between May 3, 2016 and June 30, 2016 (the "Offer Period") to Canadian residents. Receive $1,500 towards the purchase or lease of a new 2015 Mustang (excluding Shelby GT350), Taurus, Edge, Transit Connect, Transit, F-150 (excluding Regular Cab XL 4x2 Value Leader), 2016 Fusion, Mustang (excluding Shelby GT350), Taurus, Edge, Flex, Explorer, Escape, Expedition, Transit Connect, E-Series Cutaway, Transit, F-150 (excluding Regular Cab XL 4x2 Value Leader), F-250 to F-550, 2017 Fusion, Mustang (excluding Shelby GT350), Explorer, Escape, Expedition (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not rainchecklable. †Based on results from the 2015 Vincentric model level analysis of the Canadian consumer market for the Full-Size 1/2-Ton Pickups segment. ‡Driver-assist features are supplemental and do not replace the driver's attention, judgment and need to control the vehicle. Don't drive while distracted. Even with SYNC, only use phones/other devices when safe. ©2016 Sirius Canada Inc. "Sirius XM", the Sirius XM logo, channel names and logos are trademarks of Sirius XM Radio Inc. and are used under licence. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.

Notley praised for fire handling

FORT MCMURRAY WILDFIRE

Premier was face of efforts to get city back on its feet

Premier Rachel Notley is getting high marks for leadership in handling the Fort McMurray wildfire crisis, but political observers say the disaster remains a dicey political proposition with limited upside and a lot of downside.

Political scientist Duane Bratt says the process of getting people back into their homes and getting aid and reconstruction money will tell the tale on how Notley will be remembered in the long term for her handling of the crisis.

"On the political side ... if you handle it well, it's a short term blip," said Bratt, a political scientist with Mount Royal University in Calgary. "If you screw it up, it never goes away."

About 80,000 evacuees begin returning in phases to Fort McMurray on June 1, almost a month after a raging blaze broke through the firelines and destroyed 2,400 structures, most of them houses.

Since then Notley has become the face and focus of efforts to contain the blaze, save the city, and get it back on its feet.

She has given almost daily updates for three weeks.

It's been an organizational challenge orchestrated on the fly on multiple tracks: getting the evacuees out and fire crews in, securing the area from looting, and finding temporary homes for the displaced in Lac la Biche, Edmonton and beyond.

Preloaded debit cards were being handed out a week after the evacuation.

Notley met with oilsands officials to consult and calm concerns about production. She toured the city twice, once with Prime Minister Justin Trudeau and afterward received Trudeau's pledge to expand employment insurance coverage.

> **If you handle it well, it's a short-term blip. If you screw it up, it never goes away.**
> Duane Bratt

There was benefit to be derived from the past experiences of major disasters in the province — a wildfire that destroyed a third of Slave Lake in 2011 and massive flooding that displaced thousands in Calgary and southern Alberta in 2013.

"She's handled this as well as can be expected," said Bratt. "Had any of that had gone wrong she would've taken the blame, so she gets the credit here as well."

Bratt said the evacuation itself was a masterstroke, with more than 80,000 people successfully getting out on the one north-south road out of the city.

Notley has also been credited for her work with her political rival, Opposition Leader Brian Jean of the Wildrose party. Jean, who represents Fort McMurray in the legislature member, saw his own home destroyed in the fire.

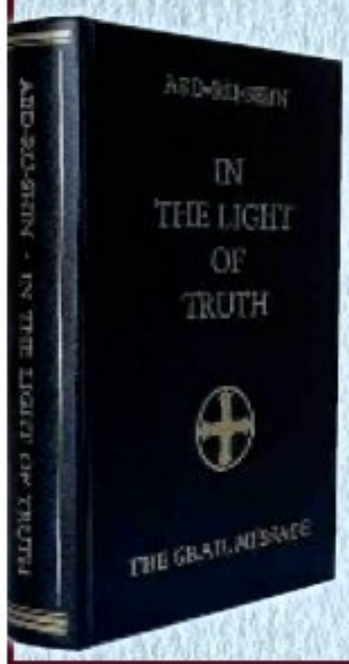
THE CANADIAN PRESS

Premier Rachel Notley is getting high marks for leadership in handling the Fort McMurray wildfire crisis, but observers say the disaster remains a dicey political proposition. THE CANADIAN PRESS

Why is This Happening to Me?

A Lecture Based on the Work

"IN THE LIGHT OF TRUTH" – *The Grail Message*



Don't many of us find ourselves asking the above question reflexively, triggered by any number of factors – job loss, ill health, death of loved ones, relationship difficulties and any one of thousands of human heart griefs? Faced with adverse circumstances or conditions we often rebel, wishing the conditions away. But, is there a different question we should be asking? The question that opens us up to the seeds for our inner spiritual development present in all conditions? The question that if we summon the courage to ask, and then, listen, opens up for us pathways to such heights of insights that permit recognition of the gifts being offered us through all conditions and circumstances? A question that allows us in time to see how every condition holds within it the expressions of the love and goodness of the Source of All Life! The speaker will share insights on this practical question derived from his experiences with the work, 'In the Light of Truth", the Grail Message.

DATE: Saturday, July 30, 2016 PLACE/VENUE: Canadian Room, Sheraton Cavalier Calgary Hotel, 2620 32 Ave NE, Calgary, AB

TIME: 1:00pm – 3:00pm PARKING & ADMISSION: FREE

RSVP: *Chilenye* by Phone: *587-719-0955* or *Ebere* by Phone: *403-830-4281*
Email: *info@alexander-bernhardt-canada.com*
or *enyenwapi@yahoo.com*

ALEXANDER BERNHARDT PUBLISHING CO. | WWW.ALEXANDER-BERNHARDT-CANADA.COM

VISIT OUR **NEW SHOWHOMES**

walden

You can live here from the **$350s**

Prices subject to change without notice. E&OE.

Walden paired homes are here – with two brand new showhomes to explore. See everything that makes these innovative homes so inviting.

Visit our sales centre. 726 Walden Drive SE ▪ 403.201.5754

Built for real life.
CARDELHOMES.COM

CARDEL HOMES

You can put a price on friendship... It's $350!

Get $350 when you open your new chequing account.*

1. Open your **new** ATB personal chequing account **by May 31, 2016.**
2. Set up recurring direct income deposit and/or at least two unique recurring pre-authorized payments (bill payments, mortgage or loan payments, contribution to investments, insurance payments, or property taxes) by **August 31, 2016.**
3. Get **$350!**

What you get with organic milk

Think you're avoiding antibiotics and hormones with organic milk? In fact, all Canadian milk is free of both. JENNIFER FRIESEN/FOR METRO

DAIRY

It all comes down to what the cows are eating: Expert

Brodie Thomas
Metro | Calgary

The recent controversy about Alberta-sourced beef at Earls Restaurants spurred a lot of conversations about where our food comes from.

People were worked up over steak in that situation, but have they given much thought to the milk they're buying?

Mike Southwood, general manager at Alberta Milk, said the product is probably one of the most localized foods anyone consumes.

"Fluid milk is a product that is bulky to ship," he said. "It's not something you're going to move long distances — it has a very short shelf life."

Even organic milk comes from Alberta producers for the most part. The question is — what are you getting when you pay extra for organic?

Southwood said it mainly comes down to what the cows are eating, rather than the milk itself.

"The nutritional value of milk, whether organic or conventional, is the same," he said.

> **"The organic side of it is related to farm management.**
> Mike Southwood

He added that regular milk is already free of antibiotics and added growth hormones. The industry tests every batch for antibiotics, although it's impossible to test for hormones because there are naturally occurring hormones in milk.

"We do say all milk in Canada is natural in its state," said Southwood. "Really the organic side of it is related to farm management practices."

Cherylynn Bos, co-owner and operator of Rock Ridge Dairy Farm in Ponoka County, said organic certification is no easy task.

She said her cattle need to be feeding from fields that have been free of pesticide for at least three years. The cows have to eat organic for an entire year before they can be certified organic.

Bos said what the cows eat can change the chemistry of the milk, and the types of fat in the milk — in ways much too complicated to explain in this space.

Plus, up to $150 for good behaviour.

Get up to $150 for every friend you successfully refer to ATB.*

1. **Go to atb.com/friends and click "Refer Now".**
2. Fill out the form and invite your friend to open a new ATB personal chequing account by **May 31, 2016.**
3. Have them set up recurring direct income deposit and/or at least two unique recurring pre-authorized payments by **August 31, 2016.**
4. Get up to **$150!**

And repeat! Every friend you successfully refer means up to $150 for you!
Plus, your friend cashes in on $350.

Open an account at any branch or atb.com/friends

ATB Financial

*We'd love to fill you in on all the details. Visit us at any branch or atb.com/friends.

THE POWER OF ZERO
SALES EVENT

Zero Interest up to 84 Months
Zero Down Payment
Zero Payments for 90 Days

'16 RAM 1500 QUADCAB SXT
STOCK#215817
$77 WEEKLY

WAS $41950
$28,998
0% INTEREST
0 DOWN PAYMENT
PAYMENTS FOR 90 DAYS

'15 JEEP RENEGADE SPORT 4X4
$68 WEEKLY

WAS $27790
$23,998
0% INTEREST
0 DOWN PAYMENT
PAYMENTS FOR 90 DAYS

'16 DODGE GRAND CARAVAN CVP
$64 WEEKLY

WAS $30890
$22,998
0% INTEREST
0 DOWN PAYMENT
PAYMENTS FOR 90 DAYS

VIEW ALL OUR SPECIALS OR APPLY ONLINE AT
VARSITYCHRYSLER.COM

Varsity CHRYSLER DODGE JEEP
403-730-4000
665 GODDARD AVENUE NE

PAYMENTS FOR 2016 RAM BASED ON 1.99% APR. ALL OTHER ADVERTISED UNITS BASED ON 3.49% APR. ALL REBATES AND BONUS CASH TO DEALER. 0% AVAILABLE ON SELECT UNITS. EG: 2016 JEEP PATRIOT PAYMENTS BASED ON 96 MONTHS AT 3.49%, COST OF BORROWING OF $ 2,478.82 AND TOTAL OBLIGATION INCLUDING TAXES $ 16,797.90. ALL PRICES INCLUDE FEES, PLUS GST. SEE DEALER FOR DETAILS.

Trudeau in Japan, talking business

PM SUMMIT

Meeting with Shinzo Abe goes Tuesday

Prime Minister Justin Trudeau will sit down with his Japanese counterpart Tuesday to discuss the countries' business ties as well as security co-operation before the Group of Seven summit later this week.

Trudeau's agenda for his meeting with Prime Minister Shinzo Abe includes issues like investment, education and trade, such as the huge 12-country treaty known as the Trans-Pacific Partnership.

With hope of attracting business investment to Canada, Trudeau will also meet auto-sector executives, including the presidents of three automakers: Honda, Toyota and Subaru.

Trudeau and his wife, Sophie Gregoire Trudeau, will visit the Meiji Shrine and meet the emperor and empress of Japan before the prime minister sits down with Abe.

For his part, Abe is expected to raise a pressing subject for the Japanese: regional security.

Japan is deeply concerned about North Korea's recent nuclear tests and missile launches as well as an ongoing territorial dispute with China in the East China Sea and South China Sea.

Following their meeting in February, Foreign Affairs Minister Stephane Dion and his Japanese counterpart Fumio Kishida issued a statement reconfirming their commitment to maintaining a rules-based order in international maritime law.

Without naming China, they also said they opposed the use of intimidation, force or unilateral actions that seek to change the status quo in the Asia-Pacific.

Trudeau's Tokyo visit comes ahead of the G7 summit on Thursday and Friday in Ise-Shima. THE CANADIAN PRESS

Prime Minister Justin Trudeau and wife Sophie Gregoire Trudeau visit the Meiji Shrine in Tokyo on Tuesday. THE CANADIAN PRESS/SEAN KILPATRICK

HUMANITARIAN SUMMIT

Help child refugees: Minister

The world must do more to educate children forced from their homes as it grapples with the epic level of humanitarian disaster unfolding across the globe, says Canada's development minister.

Marie-Claude Bibeau said Monday that too little of the already insufficient amount of global humanitarian assistance is being directed to educate children forced to flee their homes.

125
Estimated number of millions in need of humanitarian assistance.

Unless more resources are redirected, more children will lose out on education and become drawn to extremism, she said.

"It's a matter of peace and security. If we don't take care of these children and there's a risk that, especially if they live in neighbouring countries, if I don't go to school, they don't have hope," Bibeau told The Canadian Press from the first World Humanitarian Summit in Istanbul.

Bibeau was representing Canada at the first major summit that is trying to reshape the world's aid architecture to help it better deal with the estimated 125 million people that require humanitarian assistance, including 60 million forced from their homes.

The two-day gathering is an effort to address what the United Nations says is the most pervasive degree of humanitarian disaster since the end of the Second World War.

THE CANADIAN PRESS

The strange-looking bear in question, suspected of being a grolar or prizzly bear.
CONTRIBUTED/TORSTAR NEWS SERVICE

Bear might be a rare hybrid

NATURE

Scientists think male grizzly mated female polar

When Didji Ishalook spotted the animal on the crest of a hill during a recent hunt in Nunavut he thought he had either an Arctic fox or a polar bear in his sight. Only when the 25-year-old approached his kill did he realize he might have something even rarer.

"They're saying it's a grizzly-polar bear hybrid," he said in an interview from his home in Arviat, 250 kilometres north of Churchill, Manitoba.

Known either as a grolar or a prizzly depending on whether the father is a grizzly or polar bear, the find — which can only be confirmed through genetic testing — is so rare that only a half-dozen or so kills have been confirmed in the last decade.

"I think it's 99 per cent sure that it's going to turn out to be a hybrid," said Ian Stirling, an emeritus research scientist with Environment Canada and adjunct professor at the University of Alberta.

Ishalook's bear, which was caught in accordance with laws that allow Inuit to practice subsistence hunting, has now been skinned and the fur is sitting in his freezer, though he plans to send it to a taxidermist. Photos of the freshly killed animal were posted to Facebook earlier this month, picked up by the CBC and are now buzzing through international scientific circles.

They are attracting attention not only for the rarity of the potential find — the first confirmed polar-grizzly hybrid in recent memory was trapped in 2006 — but for what it might tell us about bear evolution and adaptation in the face of climate change.

"The unusual thing here is, 'How did a male grizzly bear bump into a female polar bear?'" said Andrew Derocher, a biology professor at the University of Alberta who studies the effects of climate change on polar bears.

"Most of the mating activity of polar bears is occurring out on the sea ice, so there's a spacial discontinuity between where a grizzly bear would be in the spring and where a polar bear would be in the spring."

In most cases, hybrids are the result of male grizzly bears travelling and mating with female polar bears. This occurs because male grizzlies emerge earlier from winter hibernation and head out in search of food while female grizzlies tend to stay close to home.

Warmer temperatures in the Arctic may be one reason that grizzly bears are wandering north, but it's not the only one. Improved population-management techniques and strict hunting quotas have also allowed the grizzly populations to grow and forced them to seek out new territory.

David Garshelis, a bear specialist and adjunct professor at the University of Minnesota, said there have been documented cases of grizzlies and polar bears feasting together on a whale carcass near Hudson Bay.

This sort of intermingling is necessary because it takes several days of contact to induce ovulation in female polar bears.

"The fact that a grizzly and polar bear are mating tells you that they're hanging out," said Stirling, a specialist in polar bear behaviour. "This isn't just a casual one-night stand kind of thing." TORSTAR NEWS SERVICE

> "I think it's 99 per cent sure that it's going to turn out to be a hybrid."
> Ian Stirling, Environment Canada

Iraqis in battle for Fallujah

MILITARY OFFENSIVE

Daesh forced to give up areas outside long-held city

Smoke rises from Daesh positions after an airstrike by U.S.-led coalition warplanes in Fallujah, as Iraqi security forces and allied Shiite Popular Mobilization Forces and Sunni tribal fighters, take combat positions outside Fallujah Monday. THE ASSOCIATED PRESS

Iraqi government forces on Monday pushed Daesh militants out of some agricultural areas outside Fallujah as they launched a military offensive to recapture the city from the extremists, officials said.

Backed by U.S.-led coalition airstrikes and paramilitary troops, Iraqi government forces launched the long-awaited military offensive late Sunday. The city, located about 65 kilometres west of Baghdad, has been under the militants' control since January 2014.

The commander of the Fallujah operation, Lt. General Abdul-Wahab al-Saadi, could not say how long the offensive would take, citing the terrain, the number of civilians in the city and bombs planted by the militants.

Al-Saadi added the first phase aims to surround and bomb Daesh positions.

Federal police battalion commander, 1st Lt. Ahmed Mahdi Salih, said ground fighting was taking place around the town of Garma, east of Fallujah, which is considered the main supply line for the militants.

Col. Mahmoud al-Mardhi — in charge of paramilitary forces — said his troops recaptured at least three agricultural areas outside Garma.

In the early days of the insurgency following the 2003 U.S.-led invasion that toppled Saddam Hussein, Fallujah emerged as the main stronghold for different militant groups opposed to American forces. The main group was al-Qaida in Iraq, which later spawned Daesh. The city was also the site of two bloody battles against U.S. forces in 2004.

Since August, Fallujah has been under siege by government troops, who have prevented the entry of food and medicine into the city. Residents seeking to flee the city have sometimes found themselves trapped by the militants, who aim to retain Fallujah's civilian population as human shields against a full-scale government assault.

THE ASSOCIATED PRESS

KENYA

Two dead as police attack electoral reform demos

At least two people died Monday when Kenya's police shot, beat and tear gassed demonstrators across the country who called for the electoral commission to be dissolved due to allegations of bias and corruption.

The two were shot dead in Siaya County, in western Kenya on the shore of Lake Victoria, according to Bonny Odinga, the county's communications director.

The protests, held each Monday for the past four weeks, come before elections next year and are organized by Kenya's main opposition group, the Coalitions for Reforms and Democracy. Last week the U.S. and human rights activists condemned the violence displayed by Kenyan police in which one man was killed.

Police Inspector General Joseph Boinnet said he would not permit the demonstrations because the opposition group did not notify police of their intent. The organization says the right to picket is constitutionally guaranteed. Senator James Orengo, a protest organizer, said the opposition notified police of the alleged intent of government allied legislators to hire goons to disrupt the protests.

In the capital, Nairobi, police tear-gassed demonstrators in the Kibera area, who were trying to make their way to the city centre where electoral commission offices are. Demonstrators responded by throwing stones. In the central business district The Associated Press reporters said police were tear gassing gatherings of five people or more covering the area in noxious smoke.

Police also tear-gassed demonstrators in opposition strongholds in Mombasa and Kisumu, Kenya's second and third largest cities. Opposition Senator Boni Khalwale was arrested leading protests in the town of Kakamega.

The Independent Electoral and Boundaries Commission Chairman Isaack Hassan said the commission will not be disbanded and challenged the opposition to provide evidence of the alleged corruption and bias.

THE ASSOCIATED PRESS

PERU

Mercury poisoning feared

Peru's government has declared an emergency across a broad jungle region because of mercury contamination caused by wildcat gold mining.

The 60-day decree affects 11 districts in the Madre de Dios region bordering Brazil where studies carried out by Stanford University and others have found high levels of the toxic element in people, rivers and fish.

Deputy Health Minister Percy Minaya said as many as 50,000 people could be exposed to high levels of mercury. Particularly affected are members of the Harakmbut indigenous group, some of whom were found with mercury levels six times the suggested level.

The government said it would send hospital boats to help treat people living in the affected area, where authorities have been trying to stamp out illegal mining along rivers.

Thousands of small-time miners have descended on the Madre de Dios region in the last decade, removing an estimated 40,000 hectares of forest and changing the course of entire rivers.

President Ollanta Humala's government has cracked down on illegal mining but the high price of the precious metal has proved a powerful incentive.

Peru is Latin America's largest producer of gold and an estimated 15 per cent of the country's output is believed to be extracted illegally.

THE ASSOCIATED PRESS

50,000

The number of people that could be exposed to high levels of mercury from wildcat gold mining.

19-year-old Farah Sheikh Ahmed, from Idlib, Syria, with her baby girl Maram.

34- year-old Wajdan Shalhob, from Daraa, Syria, with her baby boy Faouaz.

24-year-old Asmaa, from Damascus, Syria, and her baby girl Jana.

Rojin, a Kurdish-Syrian mother from Qamishli, Syria, with her baby girl Beritan. ALL PHOTOS: THE ASSOCIATED PRESS

MIGRANT CRISIS

The newborns of Idomeni

The women walked across the Syrian border into Turkey heavily pregnant, crossed the Aegean Sea in perilous journeys that risked their own lives and those of the babies they carried, because they dreamed of their children being born in a better world, in a peaceful, prosperous country in central or northern Europe.

But Balkan and European countries shut their borders earlier this year, leaving pregnant women among 54,000 people stranded in Greece.

Trapped by the closure of the Macedonian border, dozens of women have brought their children into the world in refugee camps in Greece, of which the largest is the sprawling, impromptu camp at Idomeni.

Uday was born on April 13. The entire first month of his life has been spent in the small tent his parents pitched in front of the Idomeni railway station, where his mother, 21-year-old Alia Mohamad, nurses him and struggles to quiet his constant crying.

"I don't know what his future is," said Mohamad, who fled with her husband from Aleppo in Syria and has been in Idomeni since Feb. 28. "What I think is that my child's future is lost."

According to the local hospital in the nearby town of Kilkis, 120 women staying at Idomeni have given birth at the hospital since the start of the year, while one gave birth in the camp itself and was then transferred to the hospital.

Despite pressure from Greek authorities for refugees to leave the sprawling Idomeni camp for organized refugee camps elsewhere, many of the women with very young infants are reluctant to move, fearing there will not be adequate care there for their babies. In Idomeni, volunteers and aid organizations have been delivering milk and other necessities.

THE ASSOCIATED PRESS

Officer acquitted in Freddie Gray case

COURT

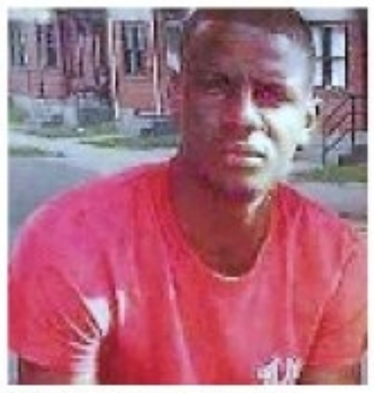
Young black man suffered injuries in police van

A Baltimore officer was acquitted of assault and other charges Monday in the arrest of Freddie Gray, dealing prosecutors a second straight blow in their bid to hold police accountable for the black man's death from spinal injuries suffered in the back of a police van.

The judge who decided Officer Edward Nero's fate in the non-jury trial concluded Nero played little role in the arrest and wasn't responsible for the failure by police to buckle Gray in during the jolting ride.

Upon hearing the verdict, Nero hugged his attorney and appeared to wipe away a tear.

Nero, who is white, was the second of six officers charged in the racially combustible case to stand trial. The manslaughter case against Officer William Porter ended in a mistrial in December when the jury deadlocked. Prosecutors plan to retry him at some point.



A Baltimore officer was acquitted Monday of assault and other charges in the arrest of Freddie Gray. WIKIPEDIA.COM

The next case to go to trial is that of the van driver, who faces the most serious charge of all, second-degree murder. His case is set for June 6.

Grey died a week after his neck was broken during the ride while he was handcuffed and shackled but not belted in. His death triggered rioting, looting and arson in Baltimore, and his name became a rallying cry in the nationwide furor over the deaths of black men in clashes with police.

Nero, 30, waived his right to a jury trial, choosing to argue his case before Circuit Judge Barry Williams.

"The state's theory has been one of recklessness and negligence," the judge said. "There has been no evidence that the defendant intended for a crime to occur."

The assault charge carried up to 10 years in prison. Nero was also found not guilty of reckless endangerment and misconduct.

Nero remains on desk duty and still faces a departmental investigation that could result in disciplinary action.

About a dozen protesters gathered outside the courthouse as the verdict was read, but they were far outnumbered by members of the media.

THE ASSOCIATED PRESS

PLANE CRASH

France joins EgyptAir search

The French navy said Monday that one of its ships has joined the search for the wreckage of EgyptAir Flight 804, focusing especially on the hunt for its flight recorders, as questions remain over what caused the Airbus 320 to crash over the Mediterranean, killing all 66 on board, including two Canadians.

Five days after the plane crashed, human remains of the victims arrived at a morgue in the Egyptian capital, Cairo, where forensic experts were to carry out DNA tests, according to the head of EgyptAir, Safwat Masalam.

A security official at Cairo morgue said family members had arrived at the building to give DNA samples to match with the remains, which included those of a child. He spoke on condition of anonymity because he was not authorized to brief the press.

It is still unclear what caused the plane to crash, or indeed what happened to the doomed jet in the final minutes before it disappeared off radar at around 2.45 a.m. local time Thursday.

The head of Egypt's state-run provider of air navigation services Ehab Azmy told The Associated Press that the plane did not swerve or lose altitude before it disappeared off radar, challenging an earlier account by Greece's defence minister.

Azmy, head of the National Air Navigation Services Company, said that in the minutes before the plane disappeared it was flying at its normal altitude of 37,000 feet, according to the radar reading. "That fact degrades what the Greeks are saying about aircraft suddenly losing altitude before it vanished from radar," he added.

THE ASSOCIATED PRESS

Louise Howard works on the baby clothes and accessories she makes from her home in Montreal. Howard is one of a growing number of Canadians working from home. THE CANADIAN PRESS

Telecommuting growing rapidly

WORKPLACE

Companies aim to save money, respond to employees

Like many Canadians, Carla Holub has gladly given up commuting for the ease and comfort of working from home.

The 41-year-old WestJet sales agent says she has no regrets since she made the change three years ago. Telecommuting affords her the time to take her children to dance lessons and hockey while reducing her lunch, coffee, gas and car insurance costs, she says.

"It's been a great switch," she said from Calgary. "It just freed up a good two hours of my personal time being able to work from my home office."

WestJet Airlines plans to establish a bilingual call centre in Moncton, N.B., but most of the 400 agents will work from home. They will join about 85 per cent of the airline's 900 call centre workers in Calgary who since 2013 have shifted to fielding customer calls remotely.

5,000

The number of home-based employment positions listen on Monster Canada.

The move has saved WestJet the cost of expanding its office to accommodate its growing staff, though that is partially offset by expenses to buy extra computers for employees so that they can work from home.

The shift to telecommuting has accelerated since the 1990s growth of technology, said Sheryl Boswell, director of marketing for job website Monster Canada.

She said most companies that allow employees to work from home are looking to build their businesses without added office expenses. They are also seeking access to a broader talent pool, she said.

More than 1.7 million paid employees — those not self-employed — worked from home in 2008 at least once a week, up almost 23 per cent from the 1.4 million in 2000, according to the latest Statistics Canada report on the subject in 2010.

Despite the increase, the proportion of paid employees working from home grew by just one percentage point to 11.2 per cent during the period. A faster pace of growth among self-employed pushed the total proportion of people working from home up two percentage points to 19 per cent in 2008.

Louise Howard is typical of those many self-employed home workers. The mother of children aged six and eight spends a few hours a day sewing clothing and accessories for children from her dining room that she sells online and to neighbourhood stores.

"It's more a hobby that's become a business by accident," said Howard.

THE CANADIAN PRESS

Service Directory

To advertise contact 403.444.0136

LAND FOR SALE

ADDITIONAL LANDS FOR SALE BY OFFER ESTATE OF J. C. ANDERSON

The Estate of J. C. Anderson is opening the following lands within the MD of Foothills for offers:

I. THE SECTION 8 LANDS
NW, NE and SW quarters of 8;22;1;WSM
Three Adjacent Quarters close to the City of Calgary
to be sold individually or together

Parcel A - NW ¼, 159 Acres (+/-) and includes a 1,000 ft2 (+/-) house with detached double garage. Includes cultivated fields that were seeded for hay. Exceptional mountain views.

Parcel B - NE ¼ 156.53 Acres (+/-) and includes a 7,960 ft2 (+/-) house with attached 4 car garage, 5 bedrooms, 5.5 baths, games room, wine rooms and office. Beautiful southwest patio with elevated panoramic mountain views. Also has a 6,000 ft2 (+/-) heated & insulated machine shop, a 2,240 ft2 (+/-) heated & insulated Quonset hut and an outdoor tennis court.

Parcel C - SW ¼ 153.84 Acres (+/-) mainly pasture land with exceptional mountain views.

II. THE RIVER RANCH LANDS
West 1/2 of 30;20;1;W5M and Acreage at 0514212;1;2
(located within NW ¼ of 30;20;1;W5M)

Parcel A - West ½ 302 Acres (+/-) located directly on the Sheep River, with a 1,020 ft2 (+/-) cabin constructed in 2012 with wood burning fireplace, 2 bedrooms, 2 baths, plus loft. Also includes a 1,200 ft2 (+/-) heated & insulated machine shop, a 4,500 ft2 (+/-) heated & insulated calving barn, plus other older out buildings, sheds & hay barn. Panoramic views overlooking Sheep River Valley, foothills & mountains, with natural springs throughout. **The offer package will include a gravel assessment report.**

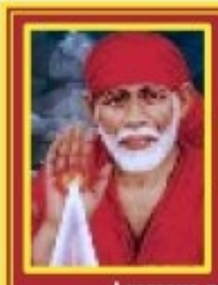
Parcel B - 5.04 Acres (+/-) located within the NW ¼ of 30;20;1;W5M and includes 1,440 ft2 (+/-) house, with detached 832 ft2 (+/-) double garage, 4 bedrooms, 3 baths, and fully developed basement. Panoramic views overlooking Sheep River Valley, foothills & mountains.

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on June 20, 2016 to the following:

Lexy R. Wong, Bennett Jones LLP Calgary
4500 Bankers Hall East, 855 - 2nd Street SW, Calgary, AB, T2P 4K7
P: 403 298 3079 | E: WongL@bennettjones.com

ASTROLOGER



UNIQUE SPIRITUALIST, PSYCHIC & FORTUNE TELLER
Pandit: M K JOSHI
Now your past, present & future.
100% Removes black magic.

I remove problems:
- Bad luck
- Depression
- Suffering
- Embarrassment
- Hard time
- Black magic
- Witch craft
- Jadoo
- Evil spirit
- Evil eye power
- Jealousy
- Curse etc...

I give solutions:
- Business
- Health
- Financial matter
- Job
- Lotto number
- Spousal conflicts
- Love & marriage
- Education
- Child mistake
- Family problem
- Court case
- Divorce
- Miscarriage

If you have belief in yourself, come & meet me & get 100% solutions.
SORT OUT ANY KINDS OF PROBLEM IN 48 HOURS. SATISFACTION 100% GUARANTEED. NOBODY BREAK MY WORK.

GOD IS BELIEF, BELIEVE IS ASTROLOGY.
Open 7 days a week 10am – 8pm – Call for appointment

403.560.5307
MARTINGLEN WAY NE (NEAR SUPERSTORE)

LEGAL NOTICE

NOTICE TO CREDITORS & CLAIMANTS
ESTATE OF : IRENE ANNE STEWART (ALSO KNOWN AS ANNE STEWART)
WHO DIED ON : AUGUST 20, 2015

If you have a claim against this estate, you must file your claim not more than 30 days after June 1st, 2016 **and provide details of your claim** with: **FERCHO LAW OFFICES**
Attn: **RICHARD FERCHO**
at: **#14 - 205 - 1st Street East, Cochrane, Alberta T4C 1X6**

If you do not file by the date above, the estate property can lawfully be distributed without regard to any claim you may have.

TAX CREDITS

Hip or Knee Replacement?
The Disability Tax Credit allows for a
$2,500 Yearly Tax Credit
$20,000 Lump Sum Refund (on avg)
Copd, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.
For Expert Help: 1-844-453-5372

EUROPE

Online shoppers tend to spend inside EU

The European Union's borderless single market is expanding only sluggishly into cyberspace, amid consumer concerns about security and whether it's possible to return unwanted purchases, according to a new report published Monday.

The EU strives to create a seamless market across the bloc's 28 countries. But while 53 per cent of European citizens now shop online, only 16 per cent buy goods or services from another country, the European Digital Progress Report said.

The report also showed smaller companies lagging behind their larger competitors. Only 7.5 per cent of smaller companies in the EU sell online to other countries, an increase of just 1 percentage point since 2013. Larger companies are doing better, with 38 per cent now selling online, seven percentage points higher than five years ago.

According to the report, the most common reason for avoiding e-commerce was that people still want to shop in person in stores, but just over a quarter of shoppers cited payment security concerns and 19 per cent fretted about getting their purchase or being able to return them.

The European Commission's vice-president for the digital single market, Andrus Ansip, said the EU's executive arm is developing proposals to tackle the issue. THE ASSOCIATED PRESS

ECONOMY

GE signs $1.4B Saudi deal

General Electric Co. says it has made a series of deals with Saudi Arabia worth over $1.4 billion. The company made the announcement Monday, saying it is part of a plan by the kingdom to diversify its economy.

The deal comes as part of the kingdom's Vision 2030 plan to wean itself off dependence on oil production. The plan, pushed by Deputy Crown Prince Mohammed bin Salman, the son of King Salman, also calls for floating a stake in the world's largest oil company, Saudi Arabian Oil Co., and setting up one of the world's biggest government investment funds.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Tuesday, May 24, 2016

ROSEMARY WESTWOOD
ON THE DOWNSIDES OF FAST FASHION

We routinely drape ourselves in relative cheapness. And it matters what you put against your skin. It matters where and how it was farmed, spun and woven, and how much the farmers and factory workers earned.

The hummingbirds almost look alive. Intricately stitched in blues, hovering near pansies shaded purple and orange. It is a delicate piece of embroidery — a point underlined by the quote above the work, etched into glass that blocks fingers from stroking the threads: "I do this work out of love for my craft. No amount of money could cover the labour involved." — Faustina Sumano Garcia.

Her blouse was, of course, paid for. The Royal Ontario Museum commissioned it for a recent exhibition, ¡Viva México! Clothing & Culture, which wrapped this past weekend. But the point is made: This is not fast-fashion handiwork. The blouse hangs beside blankets, tablecloths and dresses, all fabrics more properly deemed "textile art" in the exhibition literature. It took Garcia, an award-winning artist, "several" months to painstakingly hand embroider her piece in satin thread, we're told. And that makes it the antithesis of the fabrics we are surrounded by today.

On your body now likely hangs something far less fine. Perhaps that makes sense. We're so used to owning a dozen of everything (dresses, pants, shoes) that it would seem wild to spend all that much on each item.

Certainly we aren't going to be forking out whatever the ROM did for a blouse whose maker deemed it literally priceless.

But that also means we routinely drape ourselves in relative cheapness. And it matters what you put against your skin. It matters how a fabric feels, whether it scratches, whether the fibres hold firm. It matters where and how it was farmed, spun and woven, and how much farmers and factory workers earned.

Aside from the ethical implications this brings up, which are many and important, the upshot is often ugly.

How frequently do you wander the aisles of an H&M or Zara and marvel at the fabric? All that is bright, printed and colourful is especially easy to discard for looking cheap. Prints lack depth, detail lacks precision. That leaves me living in monochromes — denim and blacks and greys that better hide their flaws, but which grow exceedingly dull.

It's probably too much to hope for that most people could afford quality. If we could, I'm sure we'd all sleep in silk sheets and never dream of donning polyester over cashmere. But I do wonder what it would be like to get dressed in the morning in fabrics that demands your respect. Respect for the process, for the craftsmanship, even a bit of adoration. Fast-fashion might give the illusion that we're looking good in whatever new top. But do we really? Or do we just look aspirational, and threadbare to boot.

How frequently do you wander the aisles of an H&M or Zara and marvel at the fabric?

Metro POLL
Who lost #Elbowgate?

After last Wednesday's melee in the House of Commons — when Prime Minister Justin Trudeau took the Conservative whip by the arm, elbowed an NDP MP and got into a verbal fight with NDP Leader Thomas Mulcair — all three parties sought to turn the incident to their advantage, and the media jumped all over the story. We asked: who came off looking worst?

61% Mulcair and the NDP. They completely overreacted.
19% The media. They sensationalized and worsened the situation.
17% Justin Trudeau. He acted like an arrogant, entitled lout.
3% The Conservatives. They could have taken the high road, but they didn't.

The media loves these easy stories instead of covering important issues.

Mulcair was unbelievably childish.

The elbowing was clearly accidental. An apology should have sufficed.

Trudeau was STUPID to get up and create this maelstrom.

visit metronews.ca
HAVE YOUR SAY

Two 'black thumbs' up to the gardeners who make the city beautiful

KLASZUS' CALGARY
Jeremy Klaszus

How do they do it? Every spring, thousands of Calgarians faithfully put seeds and small plants in the ground — annuals, perennials, vegetables — and somehow bring them to fruitful maturity.

Gardening is an admirable art, one that's not for everyone. Some people have green thumbs. My wife and I have what she calls "black thumbs."

Some of us inevitably bring death to anything that contains chlorophyll, despite the best of intentions. I have yet to sustain a houseplant beyond a month.

But gardeners! Under no obligation, they diligently beautify their corners of the city year after year, injecting colour and life into the urban landscape while providing fresh food for their families.

There are no downsides to this generous springtime ritual. The more gardens in the city, the better.

Puttering around with their little shovels and wide-brimmed hats, gardeners emanate an inner centredness and tranquility that is inaccessible to us plant-killers.

There's something spiritually nourishing about mucking around in soil. The late Lois Hole, gardener extraordinaire and former Lieutenant Governor of Alberta, conveyed this in her life and work.

"Gardens," Hole once wrote, "have an almost magical ability to transport us to another place, far away from our everyday stress and worries. Most people, even if they aren't gardeners, find it soothing to spend time among green, growing things."

Indeed. For those of us who can't grow anything worth beans — who can never find the elusive balance between letting plants dry out and drowning them — we can only observe gardeners with a mix of wonder and envy.

There was a time when I complained anytime a gardening segment came on the radio, but as I get older, I've grown to appreciate the talk of sunlight and seasons and growing zones.

The next best thing to gardening is being around gardeners and listening to them talk about their plants.

Even the language of gardening is pleasing, with talk of geraniums and chrysanthemums and whatever else it is that gardeners put in their loamy ground. That's the best gardening word of all: "loam." The sound suggests a cozy warmth and softness.

Whenever I hear a gardener speak of loam, I want to immediately find said loam and lie down in its warmth like a cat. Once again, some of us are gardeners and others are not.

Lately there are gardens popping up everywhere in the city. There are raised, boxy beds by downtown parks, by community centres, outside of apartments.

I won't be joining them anytime soon, but anytime I spot these gardeners, I want to cheer them on, black thumb tucked out of view.

Jeremy Klaszus is a Calgary-based freelance journalist and stay-at-home dad.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod
VICE PRESIDENT & EDITOR
Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout
MANAGING EDITOR CALGARY
Darren Krause
ADVERTISER INQUIRIES
adinfocalgary@metronews.ca
General phone 403-444-0136
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

metro LIFE

Your essential daily news

Mayweather knocks out daughter's sweet 16: Drops seven figures on party, hires Drake to perform

The more you Knowles

Beyoncé's surprise visual album Lemonade has been a lightning rod for discussion since its April 23 release. The response is a credit to the complexity of the album, both musically and visually. After all, it's hard to imagine American feminist Bell Hooks writing an essay on, say, the new Ariana Grande album the way she did with Lemonade. Here, three professors who teach Beyoncé give us a crash course on Queen B. Welcome to the University of Bey. TORSTAR NEWS SERVICE

1 Melissa Avdeeff

Position: Sessional lecturer in the School of Music, University of Victoria

Course Name: Beyoncé

Course Description: With Beyoncé as a case study, the course looks at race, gender and sexuality in popular music.

Why B? Avdeeff, a contributor to The Beyoncé Effect, a forthcoming book of critical essays, was interested in how Beyoncé disrupts norms of gender and sexuality.

"She's a very feminine figure, a very sexual figure, but she's also very strong-willed and independent," Avdeeff says.

Life After Lemonade: Releasing Lemonade on HBO, Avdeeff says, gave the project a water-cooler cachet reminiscent of a bygone media era. "Think back to the '50s in television," she says.

"Everyone watched the same three channels so the next day you're like, 'Hey, did you see such and such on TV?' That was an event. We haven't had any other cultural products that have had such extensive think pieces and discussion on this level."

2 Kevin Allred

Position: Adjunct lecturer in American studies, Rutgers University

Course Name: Politicizing Beyoncé

Course Description: This course compares and contrasts Beyoncé's music and videos with seminal work by black female writers.

Why B? Allred finds Beyoncé's music and videos contain multiple layers. He argues the theme of infidelity that runs through Lemonade, for example, is allegorical for "the promise of rights; the promise of life, liberty, the pursuit of happiness; and how that has not been the case in a lot of ways, especially for black women."

Life After Lemonade: Get in Formation indeed. Allred aligns the imagery and themes of Formation and the Formation Tour with previous pop culture "movements," such as Janet Jackson's Rhythm Nation. "It's creating a movement with the music," he says. "It's not just a tour."

3 Naila Keleta-Mae

Position: Assistant professor of theatre and performance, University of Waterloo

Course Name: Gender and Performance

Course Description: Viewing Beyoncé's 2013 self-titled visual album as a series of performances through the lens of feminist theory.

Why B? Keleta-Mae saw the music videos that accompanied Beyoncé as a unique opportunity to analyze a pop star's self-presentation. Keleta-Mae was also energized by the excerpt of writer Chimamanda Ngozi Adichie's TEDx talk We Should All Be Feminists on the song Flawless. "Flawless' has competing ideas, that we should all be feminists and on the other hand the refrain is 'bow down b—s,'" Keleta-Mae says. "How do we reconcile both of those ...?"

Life After Lemonade: Keleta-Mae applauds Beyoncé for making the black female experience the spine of a major pop album, but balks at critics who feel Beyoncé isn't enough of an agitator. "People want her to be more feminist ... to be less mainstream," she says. "What's lost in all that is that she is a mainstream pop artist. Historically mainstream artists haven't been the ones to upset the mainstream."

ASIAN 騎俠湖 BUFFET

9125 BONAVENTURE DR. SE

403.252.6888

OVER 350 SEATS & LARGE PARTIES Welcome!

COUPON SAVINGS

$13.99 LUNCH SPECIALS
MONDAY - FRIDAY OVER 100 MENU ITEMS

$16.99 ORIENTAL DIM SUM LUNCH
SATURDAY & SUNDAY'S

$19.99 DINNER SPECIALS
MONDAY - THURSDAY ALL YOU CAN EAT CRAB LEGS

$23.99 STEAK & SEAFOOD NIGHT
FRIDAY - SUNDAY (LOBSTER, CRAB & SUSHI)

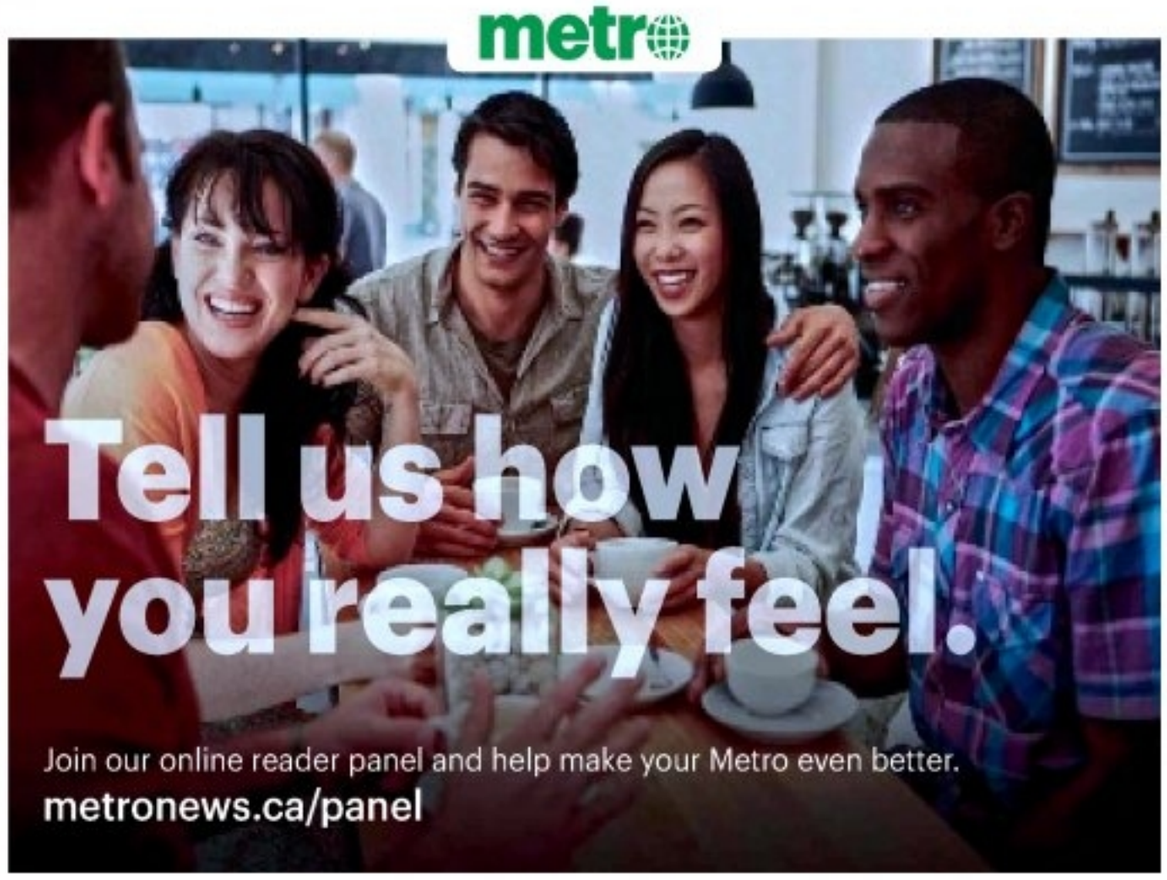
RECIEVE 5% MON-THUR OFF

We are Open!

MONDAY - SUNDAY 11AM- 10PM

*Some conditions apply. Limited to one coupon per customer. See restaurant for more details. For a limited time offer while quantities last.
Visit our website asianbuffet328.com

Visit us at: asianbuffet328.com



NORDSTROM

HALF YEARLY SALE

SAVE UP TO

40%

ON SELECTED STYLES
FOR MEN, WOMEN & KIDS

SHOP NOW
THROUGH MAY 29
AT NORDSTROM CHINOOK CENTRE

No purchase necessary. Skill testing question required. Contest open to residents of the province of Alberta 18 years of age or older. Thirteen (13) prizes are available to be won. Odds of winning depend on the number of eligible entries received in the applicable entry period. Contest Period opens at 12:01 am ET on May 2, 2016 and closes at 11:59 pm ET on May 31, 2016. For instructions to enter and complete contest rules, visit **www.wonderlist.ca/springfling**

YOU CAN DO THIS ENERGY ANALYST

'I enjoy creating a better world'

WHY I LIKE MY JOB

Chantal Sylvestre, 23, Energy Analyst at Energy@Work Inc.

I grew up on a farm and always felt connected to nature — so it only felt right to pursue a career that benefits the environment. I attended Humber College in Toronto, where I completed a three-year advanced diploma in sustainable energy and building technology. I spent some time volunteering and networking in the areas of environment, renewable energy and green building, which eventually led to a full time position.

My job is to convey information in a meaningful way to clients. I perform analysis on utility data to identify trends and opportunities for optimizing building performance, and have also conducted energy audits within commercial spaces to measure energy consumption, recommend conservation strategies and calculate potential savings.

Being an energy analyst is similar to being a storyteller; it takes inventive skills to understand what the data is trying to tell you and how to best share it with others. I enjoy creating a better world by conserving energy. When we reduce energy consumption, we also reduce pollution and conserve water, which is pivotal for sustainability.

THE BASICS: Energy Analyst

$54,276

Median wage of energy analysts. Those with more experience can earn upwards of **$76,085** annually.

+8%

The amount of growth expected in this field over the next 8 years

Data for this feature was provided by payscale.com, statcan.gc.ca, humber.ca and onetonline.org.

HOW TO START

Many colleges offer specialized energy auditing programs, which provide hands-on, technical training in home, industrial and commercial inspections. A prospective student may also consider a diploma in sustainable energy and building technology, which places an emphasis on energy conservation, project management and sustainable building design.

WHERE YOU CAN GO

Swelling energy costs and a shift in building codes and development standards have driven the need for trained energy analysts. Canada is changing the way it distributes energy to confront environmental risks and to generate more work opportunities in green building and renewable energy projects. Government departments, construction contractors, environmental consulting companies and the Armed Forces are just a few sectors that promote and offer employment in this field.

NEXT CAREER STEP

The Energy Auditor in Training designation is an excellent preparatory vehicle for developing the technical skills needed to achieve the Certified Energy Auditor (CAE) certification. Both credentials provide fundamental knowledge on calculating energy consumption and developing conservation strategies. The internationally-recognized LEED Green Associate credential will also help establish an analyst as a serious green building professional.

You can't buy your blues away

MONEY MATTERS

Emotional spender? Find a better way to cope

Gail Vaz-Oxlade
For Metro Canada

Everyone enjoys the buzz of a new purchase, but if you're letting that buzz drive you to do things that will hurt you in the long run, it's time to make a change. ISTOCK

Ashleigh loves to complain that she doesn't have any money.

I've been trying to help her figure out where her cash is going, and how she's going to start building up an emergency fund, so that the next time she loses a shift at work she isn't thrown into a panic.

The first time I asked Ashleigh where her emergency money went, she told me that it had been a very stressful week at work.

When she walked past her favourite dress shop, she popped in to have a look to cheer herself up.

She spent $274 on a dress, a great jacket and a new scarf. She was quite proud, since the dress was 50 per cent off. She had the money in the bank. She'd just rebuild her emergency fund.

The second time Ashleigh dipped into her emergency fund, it was because she was exhausted.

"I just needed some me time," she said, her eyes pleading with me to understand that it was a make-or-break thing.

"I bust my ass. I deserve a spa day."

Then there was her sister's wedding.

"My best friend from high school is coming to town for this. I have got to look good." In her desperate attempt to compete with a woman she rarely saw, Ashleigh blew half her savings.

Ashleigh spends when she's stressed, when she's exhausted, when she's suffering a little dip in her self-esteem. She spends when she's happy. She spends when she's blue.

Ashleigh is an emotional spender.

Are you one, too?

If you shed dollars when you're in the emotional rough, it's time to figure out what's triggering your spending. Hey, everyone enjoys the buzz of a new acquisition.

But if you're letting that buzz drive you to do things that will hurt you in the long run, you're the dog being wagged by your tail.

> **If buying is how you fix your bad moods, you're getting into a disastrous habit**
> Gail Vaz-Oxlade

Staying out of the stores is a good way to battle emotional spending.

Breathing alleviates stress, and it's free.

So does walking, singing, watching a funny video, and myriad other stress-busters that don't involve spending money.

If you're pummeled with ads or you have an inbox full of sales from online stores, you're begging for trouble.

Nobody can face that much temptation and keep walking away. And when you're stressed or blue, your resistance is lowered so you're that much more likely to drop some money.

Get off those lists. Unsubscribe to catalogue mailings. Don't even open the email offers. Just move 'em to your junk file.

Know that even small indulgences add up quickly, so it's not OK to buy something just because it's under 10 bucks or it's a great sale.

I'm not saying you can't ever impulsively get an ice cream or pick up a new book. Just don't make that impulsive response your bridge over an emotional gully.

We all succumb to emotional or impulse spending from time to time.

But if buying is how you fix your bad moods, you're getting into a disastrous habit.

For more money advice, visit Gail's website at gailvazoxlade.com

A big rate that holds up.

We know you've worked hard for your money, and want it to stay safe. That's why Oaken offers best-in-class GICs, with long-term, short-term and cashable options, all of which are eligible for CDIC coverage†. So you can rest easy knowing that you've invested wisely, with no teaser rates, no hidden fees and no gimmicks. That's our promise.

For some of the highest GIC rates in Canada, call 403-692-4740 or visit oaken.com

Come see us at our store, or we can come to you!

1.85% Cashable GIC
2.05% 1 Year GIC
2.75% 5 Year GIC

Oaken™ FINANCIAL
Plant for your future™

2.75%
18 Month GIC

Oaken Financial is a trademark of Home Trust, member of CDIC

517 - 10th Ave. SW, Calgary, AB T2R 0A8
OakenFinancial @oakenfinancial

Rates shown are in effect as at May 24, 2016, and subject to change. Interest on all GICs is paid annually or compounded annually and paid at maturity, minimum deposit $1,000. All GICs are non-redeemable except for the Cashable GIC, which is based on a 1 year term and redeemable after 90 days, and not available for registered plans. †CDIC coverage up to applicable limits.

May LEXUS EVENT

PRE-OWNED SELECTION

2013 Lexus RX350 AWD

STK# 160100A 91,844KM
Heated Leather Interior, Climate Control, Keyless Entry, Power Moonroof, Power Chairs

$35,950

2011 Lexus CT 200h

STK# 160195BB 104,473KM
Heated Front Seats, A/C, Cruise Control, Power Group, Alloy Wheels & Keyless Entry

$16,650

EXECUTIVE DRIVEN MODELS

THE LEXUS EVENT YOU'VE BEEN WAITING FOR

2016 CT 200H
STK# 160171
$36,966

2016 IS 350 AWD
STK# 160052
$53,338

2016 ES350
STK# 160189
$53,153

2016 RC 350 AWD
STK# 160075
$62,473

2016 GS350 AWD
STK# 160102
$71,563

2016 GS-F
STK# 160193
$94,983

2016 LS460 AWD
STK# 160172
$98,065

2016 LS460 AWD
STK# 160155
$100,188

2016 NX 200T
STK# 160181
$52,688

2016 NX 200T
STK# 160064
$54,968

2016 RX350
STK# 160177
$63,031

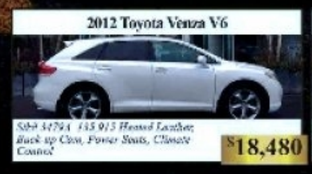
2016 RX350
STK# 160086
$60,665

2016 RX350
STK# 160104
$71,692

2016 GX 460
STK# 160152
$67,565

2016 GX 460
STK# 160161
$74,098

BE SURE AND TAKE ADVANTAGE OF ALL LEXUS INCENTIVES OFFERED



2012 Toyota Venza V6
Stk# 34791 155,915 Heated Leather, Back up Cam, Power Seats, Climate Control
$18,480

2008 Lexus ES350
Stk# 34904 107,257KM's Heated Leather Seats, Genuine Wood Inserts, Climate Control, Keyless Entry, Power Moonroof
$17,351

2012 BMW X5 xDrive35i
$27,998

2011 Hyundai Veracruz AWD
Stk# 160853a 98,139KM's Leather Interior, Power Moonroof, Climate Control, Heated Seats, Alloy Wheels
$19,981

2013 Acura MDX SH-AWD Tech Package
Stk# 34893a 99,969KM's Heated Leather Interior, Power Chairs, Navigation, Climate Control, Power Moonroof
$35,021

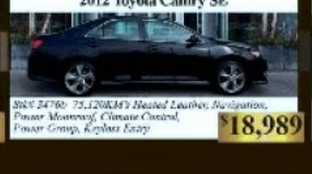
2012 Range Rover Sport HSE
Stk# 34838a 93,422KM's Beautiful SUV, Climate Control, Heated Leather Interior, Navigation, Power Chairs, Air Ride Suspension
$46,351

2007 Lincoln Town Car Signature Limited
Stk# 34704A 99,792KM's 1 Owner Town Car Available, Moonroof, Leather Interior, Climate Control and much more!!
$11,798

2006 Toyota Highlander Hybrid LTD AWD
Stk# 160472a 166,379KM's Heated Leather Seats, Climate Control, Panoramic Roof, Keyless Entry, Alloy Wheels
$13,950

2011 BMW 750Li xDrive
Stk# 34782 57,843KM's 4.4L Twin Turbo V8, Xenon Headlights, Heated & Cooled Leather Seats, Power Moonroof, Trip Computer
$37,990

2011 Lexus ES350
$24,505



2012 Toyota Camry SE
Stk# 34760 75,120KM's Heated Leather, Navigation, Power Moonroof, Climate Control, Power Group, Keyless Entry
$18,989

2010 Lexus GX480 Ultra Premium AWD
Stk# 34696 110,170KM'S Leather Interior, Navigation Mark & Levinson Sound, Climate Control, Rear Heat, MUST SEE!
$38,950

LEXUS OF CALGARY
EXPERIENCE VIP SERVICE

22 Heritage Meadows Road SE
Calgary, AB T2H 3C1

SCHEDULE YOUR TEST DRIVE TODAY!

CALL 403.225.3987 WWW.LEXUSOFCALGARY.COM

EXPERIENCE OUR COMPLIMENTARY VIP SERVICES

Valet Service
Pick up and delivery of your Lexus vehicle for servicing

Lexus Loaner Vehicles
Drop off your Lexus and take one of ours while we service your vehicle.

Interior and Exterior Cleaning
Have a clean vehicle returned to you after servicing

Stone Chip Windshield Repair
Windshield inspection and repair with every service upon request

Barista Bar
Enjoy gourmet coffee, specialty drinks, and locally made pastries

Lexus Customer Lounge
Guest Wi-Fi, iPod stations, and Shiatsu massage chairs

Invitations to VIP Events
Be our guest at important customer events

LEXUS
Certified PRE-OWNED
ONLY AT YOUR LEXUS DEALER

NEW!
*Lease offers provided through Lexus Financial Services, on approved credit. Lease example: 2015 IS 250 RWD at A1 2015 CT 200h at X1 2015 ES 350 at A1 36 or 39 months

PRE_OWNED
All prices are plus gst, see dealer for details. Sale vehicle not exactly as shown.

Lelund Luttmer
PRE-OWNED SPECIALIST
403.803.8741

Paul Woodman
PRE-OWNED SPECIALIST
403.817.8322

Timmy Su
PRE-OWNED SPECIALIST
403.618.5981

Jeff Morton
PRE-OWNED SPECIALIST
403.616.7573

Alyc Keith
SALES MANAGER

AUCTIONS

No one Gaga over singer's childhood piano

Lady Gaga's childhood piano, which she used to write her first song at age 5, didn't hit a note at an auction in New York.

The upright piano failed to meet its reserve price Saturday when Los Angeles-based Julien's Auctions offered it as part of the Music Icons memorabilia sale at the Hard Rock Cafe New York.

The piano had a pre-sale estimate of $100,000 to $200,000.

A spokeswoman for the auction house wouldn't disclose the reserve, the lowest price a seller will accept for an item. It wasn't immediately clear if the piano would be offered for sale again.

More than 85 Elvis Presley items also were auctioned by Julien's.

They included a 1969 Gibson Dove guitar that Presley's father made for him. It sold for $334,000.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

Ellen knows a viral event when it hits her

Ellen just smiles and listens as Kanye West tells her how he could change the world if he had more resources. ELENTUBE.COM

THE SHOW: The Ellen Degeneres Show (YouTube)
THE MOMENT: Kanye's rant

"If I had more resources, I could help more people," the musician/entrepreneur Kanye West tells Ellen on her afternoon talk show. "I have ideas that would make the human race's existence better, period."

"Give me one example," Ellen says.

And he's off. For the next seven minutes, West skips across subjects like a stone, touching down for one sentence, then bouncing to an unrelated idea. He mentions his shoe line, his PhD, his synesthesia ("I see sounds"). He leaps to his feet. He drops F-bombs.

"I have to be the Michael Jackson of apparel, to break open doors for everyone who comes after I'm dead," he says at the crescendo. "After they call me Wacko Kanye." The audience laughs. West's eyes darken.

"Isn't that funny, that people talk the most sh— about the people who cared the most," he chides. "I'm sorry, daytime television. I'm sorry for the realness."

It sounded like A.D.D. to me. But while West was comparing himself to Picasso and Steve Jobs, and implying that his clothing line could end bullying, I was watching Ellen.

She doesn't interrupt him. She doesn't mug. She wears a pleasant expression, and she listens. West is a full-blown squall. She knows an umbrella would be useless. She just lets him rain. That is smart hosting.

She gets off one crack at the end: "This isn't daytime television anymore." She's referring to West's adult language. But she also knows a viral event when she sees one. People will be watching this, she's thinking, on all formats, at all hours, for many days to come.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

KIA
Drive to Surprise
0% FINANCING ON ALL 2016s
TEST DRIVE & WIN 1 OF 30
$10,000 POWER TO SURPRISE EXPERIENCES
11 DAYS ONLY!
TEST DRIVE FROM MAY 5TH TO 15TH AND RECEIVE A $60 GIFT
$500 GAS CARD WITH EVERY PURCHASE. EXCLUSIVE TO SOUTH TRAIL KIA
OFFER ENDS MAY 31
SOUTH TRAIL KIA
LOCATED AT: 130TH AVE. JUST EAST OF 52ND St.
2016 SORENTO LX AWD
Stk#GG152180
MSRP $31,720
<$3,500>
<$500> Loyalty or Conquest Bonus
=$27,720 OR $85/wk $0 DOWN | OR $83/wk lease $0 DOWN
2016 OPTIMA LX AUTO
MSRP $25,340
<$500> Loyalty or Conquest Bonus
Stk#GG044569
=$24,840 OR $74/wk $0 DOWN | OR $70/wk lease $0 DOWN
2017 SPORTAGE LX
MSRP $26,820
<$500>Loyalty or Conquest Bonus
Stk#H7088824
=$26,320 OR $78/wk $0 DOWN | OR $72/wk lease $0 DOWN
2016 FORTE LX AUTO
MSRP $20,430
<$3,500>
<$500> Loyalty or Conquest Bonus
Stk#G5483454
=$16,430 OR $50/wk $0 DOWN | OR $45/wk lease $0 DOWN
2016 SOUL LX Auto
MSRP $21,720
Stk#G7825586
=$21,720 OR $59/wk $0 DOWN | OR $54/wk lease $0 DOWN
Largest Kia Dealership in Western Canada
20 Car indoor showroom - see entire line up inside
20 Service bays
We are now open + We want a chance to win your business!
FREE ON SITE TIRE STORAGE $79 VALUE with purchase of new tires
FULL DETAIL WASH, VAC, SHAMPOO, INTERIOR WINDOWS, & TIRES Original price: $179
ON SALE FOR $129
Visit us at www.southtrailkia.com | 587.349.7500
WE'VE GOT YOU COVERED
The Power to Surprise

TV PARTS UNKNOWN

Obama and Bourdain dine for $6 in Vietnam

President Barack Obama dined in Hanoi, Vietnam, on Monday with CNN personality Anthony Bourdain, whose Parts Unknown food travelogue is one of the network's most popular nonfiction series.

Bourdain met with Obama to discuss the purpose of Obama's trip to Asia and his interest in the people, food and culture of Vietnam, CNN said.

A huge crowd gathered outside the restaurant Bun cha Huong Lien, then let out a cheer when the president came out. Obama shook a lot of hands and waved repeatedly before vanishing into the motorcade.

Bourdain later tweeted that the meal cost $6, and he picked up the check.

Bourdain's show has been on CNN since 2013. For each episode the chef travels to a different part of the world to explore that area's culture, primarily by sharing in the area's distinct native cuisine. The interview with Obama will be featured in the eighth season of Parts Unknown, which begins in September.

THE ASSOCIATED PRESS

For 2 million Canadians living together isn't ideal

RELATIONSHIPS

'Apartners' are couples who choose not to live together

Sofi Papamarko
Torstar News Service

Sharon Hyman is working on a new documentary called "Apartners" about couples who intentionally live apart, like she and her partner David do. COURTESY PAZIT PEREZ

Tim Burton and Helena Bonham-Carter were famously rumoured to have lived in separate but adjoining houses throughout their marriage. Spencer Tracy and Katharine Hepburn had an intense relationship for 26 years but never lived under the same roof. Celebrities: they're just like us!

Close to two million Canadians were in Living Apart Together (LAT) arrangements in 2011, according to Statistics Canada. That is, they were in a relationship without living together. Among them was Paige Dzenis, 32, who lived separately from her then-boyfriend and now-husband for nine years before they moved in together after officially tying the knot. The couple lived separately in the same Toronto neighbourhood.

"I loved my apartment," Dzenis recalls. "I loved my neighbours and my landlord and the street I lived on — it was very hard to give it all up when the time came (to move in together). I'm also a bit of an introvert, so I enjoyed having my own space where I could sink into the couch and watch TV and play with my phone and not talk or move for hours on end with no judgment."

As someone untidy ("creative!") who eats cereal for non-breakfast meals with alarming frequency, I can confidently state that I too am familiar with the appeal of solo living.

"Living apart gives the benefit of creating mental space for both partners to breathe and think independently, and to make educated decisions about the relationship as a whole," says Dr. Kimberly Moffit, a Toronto-based relationship expert. "Living apart can be great for couples who are fiercely career-oriented and early in their careers, while they are establishing themselves."

But many adults who live apart together are already well established in their careers — even retired — and they know that their romantic partnership is built to last. They simply choose to exist in their own separate spaces.

Sharon Hyman and her partner David live apart. She enjoys solitude and feels that spending time apart actually brings them closer together.

"Just because you love someone does not mean you necessarily want to share a home with them," says the 53-year-old filmmaker, who is making a documentary on the subject. "In my mind, sharing emotional space does not mean you have to share physical space."

Hyman explains that many people are puzzled by her choice to live apart from her romantic partner, but different people have different needs. Just because they don't live together (and never plan on living together) doesn't mean their partnership is any less valid.

CANNES

Vindication for Dolan with big win

Quebec director Xavier Dolan took one of the Cannes Film Festival's top prizes on Sunday as he was awarded the Grand prix for his film Juste la fin du monde.

The prize is considered the French festival's second-highest honour after the Palme d'Or, which was won by veteran British director Ken Loach for I, Daniel Blake.

The only other Canadian filmmaker to have won a Grand prix in Cannes is Atom Egoyan for The Sweet Hereafter in 1997.

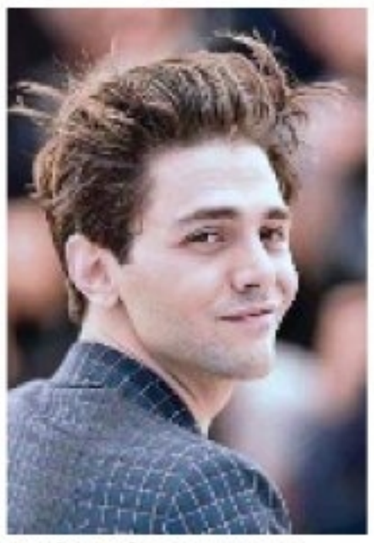
Juste la fin du monde (It's Only the End of the World) tells the story of a man who returns to his hometown to tell his family he's dying.

In an emotional acceptance speech, Dolan said he hoped "so much to have not disappointed" with his adaptation of Jean-Luc Lagarce's stage play.

"I tried my best to extract a movie and to tell the story and the emotions of characters that were sometimes mean, sometimes garish but especially wounded and who live like so many of us — as so many mothers, brothers and sisters — in fear, in lack of trust, in the uncertainty of being loved," he said.

"Everything we do in life, we do to be loved," he continued.

Earlier in the week the film also won the independent Prize of the Ecumenical Jury, which honours a film that displays "a human and spiritual quality."



Xavier Dolan GETTY IMAGES

The 27-year-old director tied for the Jury prize in 2014 for Mommy.

No Canadian filmmaker has ever won the Palme d'Or.

Dolan, who was a jury member at Cannes last year, also paid tribute to film's cast, which includes highly-regarded French actors Gaspard Ulliel, Nathalie Baye, Vincent Cassel, Lea Seydoux and Marion Cotillard.

After thanking the jury, he finished his speech by quoting French novelist Anatole France: "I have always preferred the madness of passion to the wisdom of indifference."

The award can be seen as some vindication for Dolan after his film was met with mixed reviews from journalists and the public earlier in the festival.

THE CANADIAN PRESS

UNEMPLOYED OR LAID OFF?
Consider teaching English Overseas
JOB GUARANTEED!
> TESOL Certified in 5 Days
> In-Class or Online > No Degree Required!
1.888.270.2941
Next in-class course (5 Days evening sessions):
May 30 - June 3, 2016 (Best Western Village Park Inn)
Next Seminar:
June 14th, 2016 @ 7pm (Best Western Village Park Inn)
GLOBAL TESOL COLLEGE globaltesol.com

PLAY Friday's Answers
from your daily crossword and Sudoku

9	4	3	6	2	5	1	8	7
5	2	1	7	8	4	9	3	6
6	8	7	9	3	1	2	4	5
1	5	6	2	4	8	3	7	9
2	9	8	3	7	6	4	5	1
7	3	4	5	1	9	8	6	2
8	7	9	4	6	2	5	1	3
3	1	5	8	9	7	6	2	4
4	6	2	1	5	3	7	9	8

for more fun and games go to metronews.ca/games

VISIT OUR NEW SHOWHOMES

walden
726 Walden Drive SE
403.201.5754

Built for real life.
CARDELHOMES.COM
CARDEL HOMES

ESP Psychic Fair
MAY 26, 27, 28, 29
CLAIRVOYANCE
PALMISTRY
PAST LIVES
ASTROLOGY
TAROT CARDS
MEDIUM
AURAS
NUMEROLOGY
HEALING
CRYSTAL BALLS
TEA CUPS
Thu 2pm-10pm • Fri 12-2pm • Sat 11am-10pm • Sun 11am-6pm
Admission $8 $6 with this ad **Free Gemstone!**
Delta Calgary South
135 Southland Dr SE 403 278 5050
Hear a member of the Sinclair DaVinci Code speak

New health care possibilities

BEYOND MAINSTREAM CARE

Alternative medicine creates career opportunities

Izabela Szydlo

The words "health care" typically bring to mind doctors, nurses and paramedics. But just beyond traditional Western medicine and the mainstream health care system, Canadians are increasingly turning to alternative or complementary medicine.

In fact, the Public Health Agency of Canada reports that more than 70 per cent of Canadians regularly use complementary and alternative health care therapies such as vitamins and minerals, herbal products, homeopathic medicines and other natural health products to stay healthy and improve their quality of life. This statistic opens up a new realm of health care career possibilities.

People want to get into complementary therapies like acupuncture as the demand for these medical services increases. ISTOCK

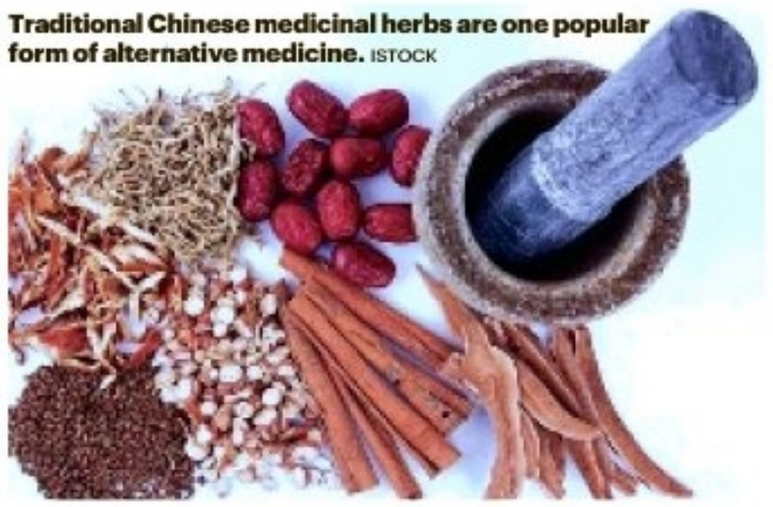
"It gives Canadians choices and the option to address their own health needs how they see fit," says Dr. Xia Cheng, who in 2004 established the Canadian Institute of Traditional Chinese Medicine, an acupuncture school in Calgary. "When we opened the school, our class sizes were very small and now every year they are full, so that indicates more people are wanting to get into these professions because there is a demand."

According to the Public Health Agency of Canada, there are hundreds of alternative or complementary therapies. Dr. Cheng says she counts naturopathy, acupuncture, massage therapy and chiropractic among the top ones as they are typically completed much like advanced diploma or undergraduate programs with at least three to four years of training.

> **When we opened the school, our class sizes were very small and now every year they are full.**
> Dr. Xia Cheng, Canadian Institute of Traditional Chinese Medicine, an acupuncture school in Calgary

And much like the traditional health care system, she says, professionals in alternative medicine are well aware of Canada's aging population and the demands that come with such a change.

"I'm teaching courses in geriatric medicine right now and my students are really excited because they know they will need to increasingly help this population," says Dr. Cheng. "As people age, their body starts to decline and with alternative medicine we can help stimulate the body to maintain good function through herbs, which have minimal side effects, and other therapies."



Traditional Chinese medicinal herbs are one popular form of alternative medicine. ISTOCK

The majority of alternative health care practitioners, says Dr. Cheng, will open up their own clinics or team up with other professionals in therapies similar to their own. For example, chiropractors, massage therapists and physiotherapists often open up multidisciplinary clinics.

"We keep track of our students' employment and pretty much everyone who has graduated from our school works at their own clinic or at other health clinics. It's a process for them to build up their practice but everyone is in the profession," she says.

BACKGROUND

Health-care jobs on the rise

In addition to alternative medicine, other complementary health-care jobs are also on the rise as Canada's needs evolve. According to Statistics Canada, the number of midwives and practitioners of natural healing, for example, is expected to increase sharply in the coming years. The organization also reports that the need for community and social service workers, including crisis counsellors, as well as other medical technologists and technicians such as dietary technicians and food and nutrition technicians will also continue to quickly rise.

"The big change is public awareness," says Dr. Cheng of the more holistic approach Canadians are taking to health care. "More people are talking about alternative health."

The number of midwives is expected to increase sharply, according to Statscan. ISTOCK

CITCM
Western & Eastern
INTEGRATED MASSAGE PROGRAM

Flexible. Condensed. Get More.

Open House:
Wednesday, June 8th
5:30 pm - 8:00 pm

(403) 520-5289 • citcm.com

Need for nurses grows stronger

Post-secondary institutions are learning to incorporate the intricacies of older adult care into education models. ISTOCK

OLDER ADULT CARE

Schools try to get more students involved in study of geriatrics

Izabela Szydlo

No Canadian "in-demand careers" list is complete without registered nurses. And as the country's population ages and the Canadian Nurses Association predicts that by 2022 the country could fall short by almost 60,000 full-time positions, nurses will be in even higher demand. But what does this mean for the post-secondary institutions training Canada's future nurses?

"I think it is on the agenda of post-secondary institutions across Canada and everyone is planning strategically because working with older adults is one of the less desirable areas of nursing," says Lorraine Venturato, the faculty of nursing chair in gerontology at the University of Calgary. "We are competing with cute babies and the life and death excitement of ICU with its advanced technology. When it comes to nursing and older adults, it is more about living."

To change the attitudes of students toward older adult care, schools are tweaking their curriculums and getting students involved in the study of geriatrics through research, projects and the opportunity to complete placements at long-term care facilities.

Venturato, whose current research focuses on service delivery and workforce development, including the development and evaluation of innovative models of care and professional practice models for the delivery of care to older people, says one of the most exciting initiatives at the University of Calgary is a new collaboration with a supported living facility.

"We have a project that is getting started with Covenant Care that is an enhanced learning partnership model, which will give students exposure to working with older adults in a positive way," she says. "It involves discussing the wishes, preferences and values a person has about medical care for the future, when health may deteriorate. And residents are involved in evaluating the students. This is just one of the ways we are shifting the perspective."

Once students graduate, the areas in which they may work with older patients won't be limited to acute or long-term care options, says Venturato. She also predicts an increase in the demand for nurses in research, government, policy and more. No matter the area, she says, nurses will be required to work with professionals across health-care fields due to the complexities associated with the care of older adults.

"Because older-adult care is really not something one discipline can handle, it is more about working in teams now than ever before," she says. "We are likely to be working with pharmacists, social workers and dieticians, for example. And that is one of the things we work on with our students, holistic care."

Health-care system going digital

In today's paperless landscape of computers, smart phones and apps, it's not surprising that Canada's health-care system is increasingly becoming digital. And the country's move beyond electronically collecting patient data to using technology to empower patients and deliver care, is creating new and exciting opportunities and a demand for skilled professionals in a broad number of areas, says the board chair of the Information Technology Association of Canada (ITAC) Health.

"The role of technology in health care is firstly moving from only collecting data for sickness to also collecting data for wellness by creating applications to help people stay healthy longer," says Gary Folker. "And secondly, one of the things in this industry that we don't see in other industries is that because we are still currently building the new infrastructure, a high percentage of jobs that will be required in the next 10 years likely don't exist today."

Susanne Flett is the ITAC Health board director and advocacy committee co-chair as well as the national board director for ITAC, which champions the development of a robust and sustainable digital economy in Canada. She says one of the fastest growing areas in terms of demand for skill and talent resources will be in clinical informatics.

"About forty per cent of the growth will be digital and the remaining 60 per cent will be in deploying electronic health records and documentation, medication management and understanding how marrying the clinical workflow process with technology can be used to support, enable and enhance the delivery of services," she says.

While it's roles like network engineers, business analysts, system analysts, project managers, coders and developers that align with digital health that will be in demand, Flett and Folker agree that anyone who is interested in entering the field should first strive to obtain some sort of hands-on experience working in health care and delivering services.

"Getting some direct experience in how health care is delivered and how organizations work, I would argue, will put students in a much better position to zero in on the use of technology in health care in a way they can be passionate about and make it clear for them to see where they can make a difference," says Flett.

IZABELA SZYDLO

Use of new technology is creating new and exciting opportunities and a demand for skilled professionals. ISTOCK

CHANGING FIELD

Post-secondary institutions are learning to incorporate the intricacies of older-adult care into their education models and preparing students for a changing field. Prospective students, meanwhile, can expect to face more competition as they apply for programs. According to the provincial advanced education ministry, on average, Alberta's publicly funded post-secondary system has seen steady annual enrolment increases across the system since 2004. It expects student demand to grow over the next several years — including in the health care fields.

For the first time ever, there are now more people in Canada age 65 and over than there are under age 15. ISTOCK IMAGES

Following the health-care demand into a career

NEW OPPORTUNITIES

The need for new practitioners strong in rural areas

Izabela Szydlo

Technology and an aging Canadian population are key factors shaping the country's health-care-career landscape. However, says one health-care professional, those looking to make a living in the field must be willing to think past their city.

"I don't see any downside to moving into health because the demand is there," says Sandra Jardine, director of talent acquisition at Alberta Health Services, and a registered nurse. "But if you're not willing to leave Calgary, for example, you will limit yourself. We have a demand for experienced, specialized people in urban centres, but we have a demand for new practitioners in our rural areas."

Opportunities in health care outside of major cities, where teams of professionals and facilities are smaller actually serve to better equip health providers with the tools they need to serve the demands of a changing health-care system, says Jardine.

"In small communities you can get a depth and breadth of experience that you wouldn't get into a metropolitan hospital," she says. "You can go, in a small centre, from labour and delivery to working with cancer patients to car accident victims. This better prepares you for the challenges you may encounter as you move up in your career. In health care there are so many options to ladder into management."

Aside from traditional roles such as nurse practitioners and physicians and positions such as health-care assistant, which will be in demand due to the aging population (for the first time ever, there are now more people in Canada age 65 and older than there are under the age of 15, according to Statistics Canada), Jardine says she expects health care will see growth in various other areas.

"The number of nurses entering practice in Canada, for the first time in 20 years, is less than regulated nurses who left their profession so that means there are many nurses retiring," she says.

"But there is going to be growth in areas such as addiction and mental health, which encompasses professionals such as psychologists, dieticians and occupational therapists. We'll also likely see growth in the diagnostic area so that's radiology technicians and lab services."

Overall, says Jardine, Canada's health professionals will need to be equipped with technological knowledge as the health-care system becomes more computerized.

That doesn't, however, mean that having academic knowledge and being technologically savvy will outweigh soft skills.

"No matter where the demand occurs in health care, we are still looking for people who have a strong sense of ethics and values," says Jardine. "You will be dealing with people from many different backgrounds, both patients and colleagues, and you'll have to be a good communicator, and show compassion, empathy and respect."

TOP JOBS

Health care dominates 24 per cent of a 2011 Statistics Canada "Top 50 jobs in Canada" list. Here is the Top 10 within health care, by demand.

- Nursing supervisor
- Health policy specialist
- Respiratory therapist
- Health care manager
- Dental hygienist
- Medical radiation technologist
- Pharmacist
- Nurse
- Occupational therapist
- Physiotherapist

ALBERTA BUSINESS & EDUCATIONAL SERVICES

ABES.CA

HEALTH CARE AIDE

Begin a NEW REWARDING CAREER in just 5 MONTHS

EVENING & WEEKEND PROGRAM AVAILABLE

15 CERTIFICATE PROGRAM

- GOVERNMENT OF ALBERTA HEALTH CARE AIDE
- ST. JOHNS AMBULANCE [FIRST AID, CPR, AUTOMATED EXTERNAL DEFIBRILLATOR]
- SUPPORTIVE PATHWAYS, FOOT CARE, DIABETES, MEDICATION ADMINISTRATION, FOOD SAFE, WHIMIS, PALLIATIVE CARE
- BEST FRIENDS ALZHEIMER'S SOCIETY CERTIFICATE
- NON VIOLENT CRISIS INTERVENTION
- MONEY MANAGEMENT

PLUS 3 CLINICAL PLACEMENTS [HOSPITAL PLACEMENTS AVAILABLE]

Helping people transform their lives through education

CALL TODAY 1.877.300.6280 ABES.CA

Kidsfest is back and bigger than ever

Calgary International Children's Festival celebrates its 30th anniversary

Calgary Kidsfest is growing up. The family-friendly event is celebrating its 30-year anniversary, which means that many of the first young attendees introduced to the annual arts celebration back in 1987 can now bring their own children to experience the diverse collection of cross-cultural performances and activities at Arts Commons.

Kidsfest gives people of all ages the chance to not only observe but also help create local culture. "While technology is a remarkable tool for education and innovation, live experiences in environments that foster creativity and community are more important than ever," says Christy Offer, Kidsfest's festival programmer. "Engaging in the arts in the tangible, physical world — outside of the screen — helps kids cultivate physical dexterity, hones the ability to negotiate group dynamics, and builds problem-solving skills."

Diversity is an important part of Kidsfest. "For 30 years, Kidsfest has aimed to reflect the community through its variety of events," says Offer. "Art can be a window into different cultures and can teach us a lot about what makes people unique and the commonalities that bring us all together."

This year's lineup includes a selection of internationally recognized acts, such as the iconic Fred Penner. Calgary's own Soulocentric is presenting Zoo Dance, a play inspired by the 2013 Alberta floods. The Dakhkà Khwaàn Dancers and Aché Brasil will showcase the Yukon's Tlingit and Brazil's Capoeira cultures. This season also features science-based shows such as Dr. Kaboom's Electricity Tour and Ugly Animal Roadshow, aiming to educate and entertain kids of all ages.

Many of the performances are the first live shows these young kids are exposed to. The roster of talent gets a kick out of meeting and mentoring young people to express themselves creatively. "There are dozens of activities, shows, and workshops to participate in, particularly during the day," says Offer. "All the outdoor entertainment on Olympic Plaza is free — you can draw comics, get your face painted, get lost in a maze, try costume design and also catch concerts, roving artists, dance workshops and storytellers."

Offer suggests checking out the Kidsfest website (calgarykidsfest.ca) for the full schedule and a map to discover more interactive activities: everything from building model cities to Bollywood dancing. The site also offers tips on travelling to the event. Show tickets are $17 each and can be purchased online or by calling the box office at (403) 294-9494.

CONTRIBUTED

Your favourite spots in Calgary

From May 24 through July 12, visit calgary.metrocommunitychoice.com to vote in the The Metro Community Choice Awards

Do you have a go-to spot that you just can't wait to tell all your friends about? Or do you know of a local store that's provided you with superlative service that you feel is worthy of recognition? Now's your chance to have your voice heard and let the community in on that hidden gem or shining diamond that's been in plain view.

The Metro Community Choice Awards gives you the chance to share your love and appreciation for your favourite shops, places, and businesses, and vote them to the top of the charts.

You've already spoken up and nominated some fine establishments over the past few months. Now it's time to crown our winners — and for that, we need to hear from you.

From May 24 through July 12, you can visit Calgary.metrocommunitychoice.com to cast your ballots. And then we'll announce the winners in a variety of categories, including (but not limited to) automotive, food and drink, business or service, and entertainment.

It's a great way for you to share your appreciation for some of the amazing establishments that make Calgary great. And if you're looking for inspiration — or just to try someplace new — what better way than by visiting a location that's already been recognized as one of the best of the best by community members just like you?

Peruse the list of nominees and get ready to cast your vote. Based on your ballots, the winners will be grouped into three categories: gold, silver, and bronze. And don't forget to encourage your friends, family, and associates to vote as well. This is your chance to rally the troops and use your collective voices to recognize those businesses that have earned your loyalty over the years.

Voting is free and there's no registration required. This is your chance to let everyone know about the great services, products, businesses, and establishments that have helped you or made your life more enjoyable. Share your experiences and your opinions with thousands of Calgary residents and vote in the Metro Community Choice awards today.

JASON MENARD

STAR METRO MEDIA THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

CELEBRATE Summer AT CENTURY DOWNS!

COME FOR THE HORSE RACES, STAY FOR THE CRAFT BEER & BBQ!
With shuttle service
from downtown Calgary.
Fridays at 5:45 PM all summer long.

HOME STRETCH FRIDAYS

JUNE 19TH - SUNDAY
FATHER'S DAY BBQ BUFFET

Join us for BBQ in our large tent
and an afternoon of horse racing!
BBQ Buffet from Noon to 3pm.
All ages. Reservations recommended.

JUNE 26TH - SUNDAY
REGIONAL DRIVING CHAMPIONSHIP

Catch the race action here!
We're putting Drivers in the hot seat!
Don't miss our BBQ, craft beer,
outdoor games and more!

JULY 24TH - SUNDAY
IT'S FAMILY DAY AT CENTURY DOWNS!

Pony rides, face painting and outdoor games.
Fun for the whole family!

SUNDAY AUG.07.16

CENTURY DOWNS MID-SUMMER Classic 2016

Join us for our Mid-Summer Classic
and dress in your Derby best!
Live music, BBQ and craft beer tasting
by local Alberta breweries.

WE'LL SEE YOU AT THE TRACK!

587-349-7777
261095 Dwight McLellan Trail, Calgary, AB T4A 0V5
centurydowns.com

Welcome to the Winners' Zone!

CENTURY DOWNS
Racetrack · Casino

Check out the list of nominees and get ready to cast your vote

Automotive

BEST AUTO COLLISION COMPANY
A-1 Auto Body
Carstar Collision Service
Concours Collision
Condic Auto Body Ltd.
Dent Clinic
Dr. Colourchip YYC
Superior Paint & Body
The Car Salon Group of Companies
Uber Autobody
Unique Auto Repair

BEST AUTO SERVICE CENTRE
Allmakes Auto Repairs
Auto Select
Konig Motors
Lexus of Calgary
Midas
Mike's Auto Service
North Hill Mazda
RC Automotive Services
The Car Salon Group of Companies
Trio Motors

BEST CAR WASH
10th & 10th Car Wash
Bubbles
Calgary Co-Op
Centex Car Wash Calgary
Clearwash Calgary
Refine Automotive Salon
Servpro Car Wash
Spy Hill Car Wash
The Car Salon Group of Companies
Western Pride Car Wash

BEST DOMESTIC CAR DEALERSHIP
Advantage Ford
Big 4 Motors Ltd.
CMP Automotive
Courtesy Chrysler
GSL Chev City
Metro Ford
Renfrew Chrysler
Shaganappi GM
Southgate Chevrolet
Woodridge Ford Lincoln

BEST IMPORT CAR DEALERSHIP
Charlesglen Toyota Scion
Country Hills Hyundai
Country Hills Toyota
Lone Star Mercedes-Benz
North Hill Mazda
Northland Kia
South Pointe Toyota
Stampede Toyota Scion
Sunridge Nissan
Village Honda

BEST POWER SPORTS DEALER
Adventure Honda
Blackfoot Motosports
Calgary Harley Davidson
Cycle Works
GW Cycle World
Kane's Harley Davidson
Pro-Am Motorsports
Ralph's Motorsports
Redline Motorsports
Rocky Mountain Honda

BEST RV DEALERSHIP
Affordable RV
Bucars RV
Canadian Leisure RV
Canadream RV Sales & Rentals
Field Of RV Dreams
Fraser Way RV
Guarantee RV
Rangeland RV
Western RV
Woody's RV

BEST TIRE SHOP
Blaskin & Lane
Canadian Tire
Country Tire Automotive
Harper's Tire
Integra Tire
Poorboy Tire
Tire Pirates
Tirecraft
Trio Motors
Ward Tires

BEST USED CAR DEALERSHIP
CMP Automotive
Gallery Of Fine Cars
House of Cars Calgary
Konig Motors
North Hill Mazda
Renfrew Chrysler
Shaw GMC Chevrolet Buick
Southgate Chevrolet
Stampede Toyota Scion
Woodridge Ford Lincoln

Business or Service

BEST BANK / CREDIT UNION
Alberta Treasury Branch
BMO Bank of Montreal
Canadian Western Bank
CIBC Alberta
First Calgary
Helcim
Royal Bank of Canada
Scotiabank
Servus
TD Canada Trust

BEST BARBER SHOP
Best Of Seven Barbers
Chin Whiskey Shearing & Shaving
Corbetts Rock N Roll Barber
Denim & Smith
Kent Of Inglewood
London Barbers
Razor's Edge Barber Shop
South Trail Crossing Barbershop
Tip Top Barbershop
Tommy Gun's

BEST CATERING COMPANY
Alpine Catering
An Affair To Remember
Bon Appetit Catering
Butterfan Catering
Costa Vida
Distinctive Catering
Great Events Catering
Indulge Catering
Jane Bond Catering
Taylor Made Catering

BEST CHARITY / NON-PROFIT ORGANIZATION
Aarcs Alberta Animal Rescue Crew
Alberta Spay Neuter Task Force
Animal Rescue Foundation (Calgary)
Calgary Food Bank
Calgary Women's Centre
Meals On Wheels
Pals Pet Access League Society
Sport Chek Mother's Day Walk, Run & Ride
The Mustard Seed
United Way

BEST DANCE STUDIO
Absolute Dance Studio
Alberta Danceport
Dance Through Life
DANCEnergy
Decidedly Jazz Danceworks
International School Of Ballet
Pulse Studio
Pure Motion Dance Company
Summit School Of Dance
Ultimate Dance Co.

BEST DOG DAYCARE
Bow Dog Daycare
Calgary Dog House
Chasin' Tails
Dog City Daycare and Dogwash
Dogma Training and Pet Services
Dogwit Training
Just Fur Kids Dog Daycare

METRO CALGARY COMMUNITY CHOICE

CANADIAN TIRE

THANK YOU Calgary

FOR NOMINATING US AS YOUR

Community Choice

FOR THE BEST!

BICYCLE SHOP
TIRESHOP
Gardening Centre
SPORTING GOODS STORE
Lighting STORE

CANADIAN TIRE

LOCALLY OWNED • **LOCALLY** OPERATED • **LOCALLY** FOCUSED

Macleod Trail 403.278.3800
McKenzie Towne 403.257.5914
Pacific Place 403.248.4166
Deerfoot 403.295.2407
Dalhousie 403.288.1101
Shawnessy 403.201.3377
Westhills 403.246.1974
Country Hills NE 403.226.9555
Beacon Hill 403.456.6428

BowDog Canine Specialists
Best in Class.Pet-first care. | bowdog.ca

Voted #1

BOARDING
DAYCARE
WALKING
TRAINING
GROOMING

bowdog

Book Your Pet's Summer Vacation Today
403.452.6996

Beautyrest RECHARGE®

Save UP TO 60% OFF

Thank you, Calgary! for nominating us in the category of BEST MATTRESS STORE

FACTORY DIRECT Clearout!

ENDURANCE III
TIGHT TOP

$799 QUEEN SET

800 Queen Beautyrest® Evolution® Pocketed Coils® & ½" & TruTemp® Gel Foam (Gel infused with Phase Change Material)

TWIN SET	$699
DOUBLE SET	$749
KING SET	$1299

FREE LOCAL Delivery & Set up

SIMMONS
SIMMONS MATTRESS GALLERY

For you!
NO INTEREST
NO PAYMENTS
FOR
12
MONTHS
On a wide selection of mattresses if balance paid in full *OAC

FOLLOW US!

GLENMORE TRAIL
11 STREET SE
DEERFOOT TRAIL

SIMMONS MATTRESS GALLERY 7145 11TH ST. SOUTH EAST CALGARY | 403.319.0099 | AGOODNIGHTSLEEP.CA

Check out the list of nominees and get ready to cast your vote

Muttley Crue
Paws Dog Daycare
Sleep Rover

BEST FITNESS CLUB / HEALTH CLUB
Anytime Fitness
Fit4less
Goodlife Fitness
Heaven's Fitness
Hitt Fitness Center
Talisman Centre
Union Fitness
Westside Recreation Centre
World Health Club
YMCA

BEST FLORIST
Calgary Co-Op
Charlotte's Web
Deevine Petals
Funky Petals
Kensington Florist
Panda Flowers
Red Rose Florist
The Tree House Flower, Plant & Gift Shop
White's Flowers
Willow Park Florists

BEST HAIR RESTORATION
Dubrule Hair Restoration Centre
Fresh Laser
Gillespie Clinic
Hair Club Calgary
Hair Rejuvenation Institute Of Calgary
Hair Restoration Services
Nardella Clinic
Revitalize Laser Solutions
Rocky Mountain Clinic
Sir 101

BEST HAIR SALON
Angles Hair & Esthetics
Beauty Addicts Hair I Makeup I Aesthetics
Chatters Canada Limited
Den and Devine
Hala's Hyatt Hair Design
Hedkandi Salon
Karamel Hair and Day Spa
Red Bloom Salon
Swizzlesticks Salon & Spa
Volume Beauty Bar

BEST MASSAGE CLINIC
Apex Massage Therapy
Inner Balance Spa
Kim's Massage Therapy
Le Soleil Spa
Massage On 194th
Oasis Wellness Centre & Spa
Sante Spa at Hotel Le Germain
Spa Ritual
Swizzlesticks Salon & Spa
The Modern Body Massage & Spa

BEST OPTICAL STORE
Big M Optical
Blink Eyewear
Calgary Optical
Calgary Optometry Centre
Chinook Optical
Downtown Vision Care
Eye On 17th
Hakim Optical
Optiko Eyewear Ltd.
X Sighting

BEST PET GROOMER
A Royal Touch Pooch Parlour
Hair Of The Dog
Muttley Crue
No Bowndaries Pet World
Paskapoo Pet Services
Poooh Busters
Sheena's Pet Services
The Calm Cat
The Wag Inc
W.A.G.S Wash and Grooming Salon

BEST PHOTOGRAPHER
Bliss Photographic
Brindleberry Pet Photography
F8 Photography
Furever Reflections Pet Photography
Gabe McClintock Photography
Just For Kix Photography
Limelight Photography
Marsha Pizarro Photography
Nathan Elson
Thousand Woofs Photography for Dogs

BEST POST-SECONDARY EDUCATION INSTITUTION
Abes
ABM College
Academy of Learning
Alberta College of Art & Design
Bow Valley College
Columbia College
Mount Royal University
SAIT Polytechnic
St. Mary's University
University Of Calgary

BEST SPA / ESTHETIC SERVICES
Altura Aesthetics
Babor Beauty Spa
Frilly Lilly
Leela Eco Spa
Oasis Wellness Centre & Spa
Riverside Spa
Sante Spa at Hotel Le Germain
Spa Ritual
Stillwater Spa
Swizzlesticks Salon & Spa

BEST TATTOO STUDIO
Bushido Tattoo
Deadly Tattoos
Enso Tattoo
Eternal Image Tattoo
Honor Bound Tattoos
Human Kanvas
Immaculate Concept
Kensho Tattoo Company
Smiling Budha
Strange World

BEST VETERINARY CLINIC
Alpine Veterinary Hospital
Beddington Trail Animal Hospital
Calgary North Veterinary Hospital
Care Centre Animal Hospital
Dekens Housecall Veterinary Services
Fish Creek 24 Hour Pet Hospital
Little Creek Vet
McKnight Veterinary Hospital
Vets To Go
Willow Park Animal Clinic

BEST YOGA STUDIO
Bodhi Tree Yoga Centre
Breathe Hot Yoga
Calgary Hot Yoga
Hot Yoga On 17th
Hotshop Yoga and Spin
The Yoga Studio
Yoga and Beyond
Yoga Passage
Yoga Santosha
Yoga Shala Calgary

Entertainment

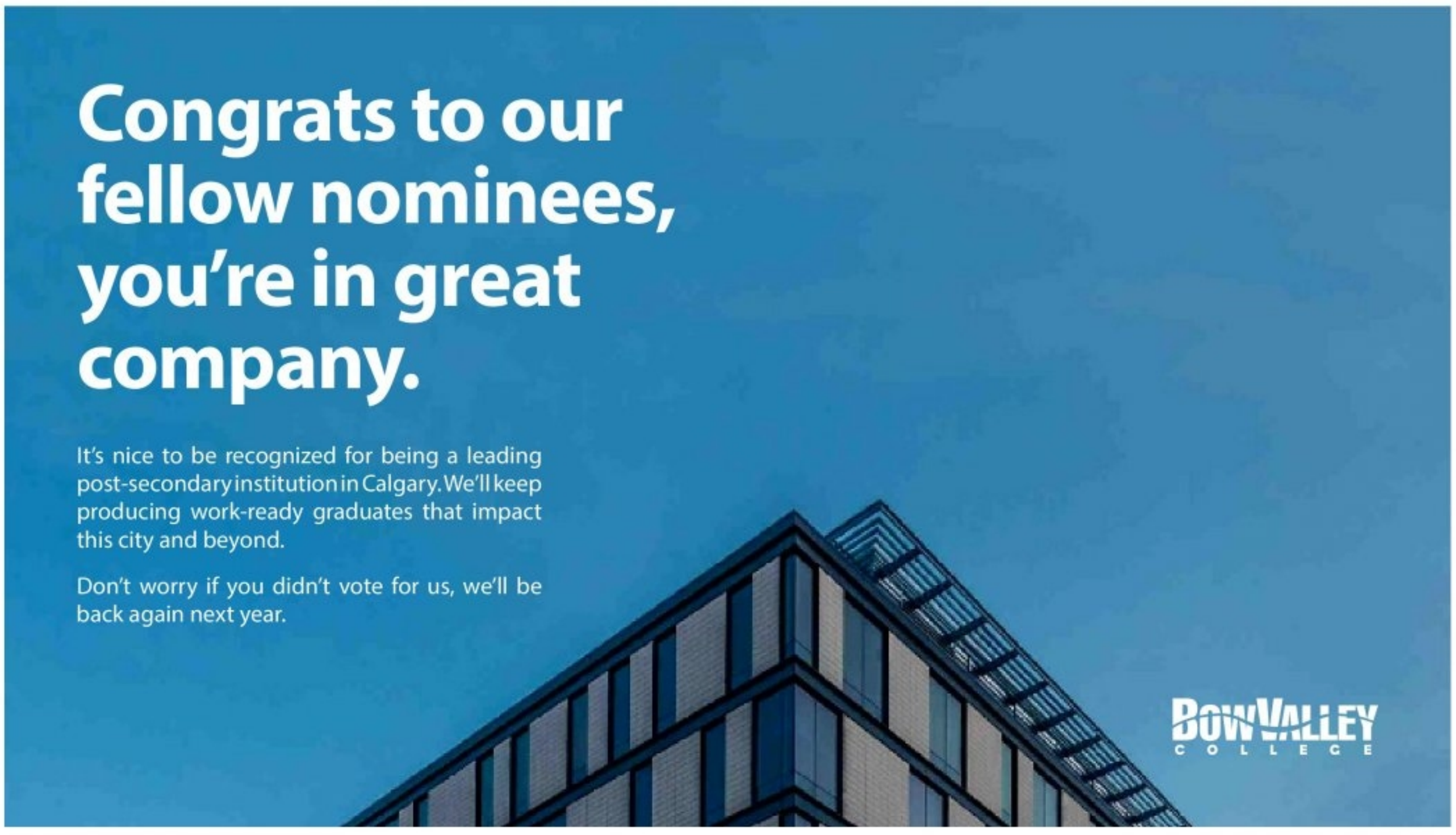
BEST CASINO
Cash Casino
Casino Calgary
Century Downs Racetrack and Casino
Cowboys Casino
Deerfoot Inn & Casino
Elbow River Casino
Grey Eagle Casino

BEST FAMILY FUN SPOT
Calaway Park
Calgary Corn Maze
Calgary Zoo
Flying Squirrel
Heritage Park
Monster Mini Golf
Speeders
Spruce Meadows
Telus Spark Science Centre
TommyK Play

BEST FESTIVAL
Calgary Folk Fest

METRO CALGARY COMMUNITY CHOICE

BBQ TIME
BRUNCH TIME
ANY TIME
THANK YOU FOR NOMINATING COBS BREAD AS ONE OF CALGARY'S 10 BEST BAKERIES
WE HAVE A BUN FOR THAT
COBS
FRESH BREAD
VISIT ONE OF OUR 14 BAKERY LOCATIONS IN CALGARY AND GREATER AREA
CALGARY | AIRDRIE
COCHRANE | OKOTOKS
TO FIND YOUR LOCAL BAKERY VISIT
COBSBREAD.COM


Congrats to our fellow nominees, you're in great company.
It's nice to be recognized for being a leading post-secondary institution in Calgary. We'll keep producing work-ready graduates that impact this city and beyond.
Don't worry if you didn't vote for us, we'll be back again next year.
BOW VALLEY COLLEGE

Check out the list of nominees and get ready to cast your vote

Calgary International Film Festival
Calgary Pride Festival
Calgary Reggae Festival Society
Calgary Stampede
Calgary Underground Film Festival
Global Fest
Lilac Festival
Sled Island Festival
X Fest

BEST GOLF COURSE
Blue Devil Golf Course
D'Arcy Ranch Golf Club
Heritage Pointe Golf Course
McKenzie Meadows Golf Course
Redwood Meadows Golf & Country Club
River Spirit Golf Club
Silvertip Golf
Speargrass
The Links Of Gleneagles
Valley Ridge Golf Club

BEST LIVE MUSIC VENUE
Calgary Philharmonic Orchestra
Dickens Pub
Grey Eagle Casino
Ironwood Stage & Grill
Macewan Hall & Ballroom
Mikey's Juke Joint
The Blues Can
The Hifi Club
The Palomino Smokehouse
Wine-Ohs

BEST LIVE THEATRE
Alberta Theater Projects
Front Row Centre Players Society
Jubilations Dinner Theatre
Lunchbox Theatre
Morpheus Theatre
Pumphouse Theatre
Stage West
Storybook Theatre Society
Theatre Calgary
Vertigo Theatre

BEST LOCAL TOURIST ATTRACTION
Bow Habitat Station
Calaway Park
Calgary Stampede
Calgary Tower
Calgary Zoo
Fort Calgary
Glenbow Museum
Heritage Park
Telus Spark Science Centre
Winsport

BEST NIGHT CLUB
Broken City
Commonwealth Bar & Stage
Cowboys
Habitat
Knoxville's Tavern
Marquee Beer Market & Stage
Nite Owl
Ranchman's
The Hifi Club
Twisted Element

Food & Drink

BEST ASIAN RESTAURANT
Buddha's Veggie
Cafe 100%
Ikemen Ramen Bar
Shibuya Izakaya Japanese Restaurant
Silver Dragon
Szechuan Restaurant
Thai Sa-On
The Mission
U and Me
White Elephant Cuisine

BEST BAKERY
Brulee Patisserie
Cobs Bread
Glamorgan Bakery
La Boulangerie Bakery Cafe
Manuel Latreuwe
Rustic Sourdough Bakery & Deli
Sidewalk Citizen Bakery
Sunterra Market
The Lazy Loaf & Kettle
Yum. Bakery

BEST BBQ RESTAURANT
Big T's
Bookers
Bow Bulgogi
Charbar
Charcut Roast House
Gaucho Brazilian Barbecue
Holy Smoke BBQ
Jojo's BBQ
Safari Grill
The Palomino Smokehouse

BEST BREAKFAST SPOT
Blue Star Diner
Cora's
Diner Deluxe
Galaxie Diner
Monki
Oeb
Pfanntastic Pannenkoek Haus
Red's Diner
The Fine Diner In Inglewood
Vendome Cafe

BEST BREW PUB / BEER MARKET
Beer Revolution
Big Rock Brewery
Bottlescrew Bill's
Brewsters
Craft Beer Market
Last Best Brewing & Distilling
Marquee Beer Market & Stage
Minhas
National Beer Hall
Wild Rose Brewery

BEST BRUNCH
Blue Star Diner
Diner Deluxe
Heritage Park
Lot 102
Notable
Oeb
River Cafe
The Beltliner
The Lake House
The Nash

BEST COFFEE SHOP
Analog Coffee
Caffe Beano
Euphoria Cafe
Gravity Espresso & Wine Bar
Higher Ground
Kawa Espresso Bar
Phil & Sebastian Coffee Roasters
Rosso Coffee Roasters
Vendome Cafe
Waves Coffee House

BEST DESSERT
Amato Gelato
Bliss & Co. Cupcakes and Desserts
Burnt To Order
Crave Cookies & Cupcakes
Fiasco Gelato
Menchies
Rita's Italian Ice
Sugar Shack Cakes & Pastries
Village Ice Cream
Yamato Dessert Cafe

BEST FOOD TRUCK
Bento Burrito
Eats Of Asia
Fiasco Gelato
Joey's Double Decker Diner
Perogy Boyz
Red Wagon Diner
Sticky Ricky's
Taiko Taco
The Dumpling Hero
Waffles N Chix

BEST FRENCH RESTAURANT
Avec Bistro
Bistro Suzette
Black Pig Bistro
Chef's Table
Corbeaux Bakehouse
La Chaumiere
Parc Café and Brasserie
Rouge
Tango Bistro
Yellow Door Bistro

METRO CALGARY COMMUNITY CHOICE

THANK YOU FOR NOMINATING US

BEST LIVE THEATRE

Vote THEATRE CALGARY for
the Community Choice Award

Join us for the start of our 2016-17 season in September!

theatre:
CALGARY

403-294-7447
theatrecalgary.com
@theatrecalgary

PHOTO OF ANWYN MUSICO AND SUSAN GILMOUR IN *THE LIGHT IN THE PIAZZA* BY TRUDIE LEE.

BUSHIDO

TATTOO
EST 2000

218 17th Ave SE
403-261-1009 | BUSHIDOTATTOO.COM

HRS

WISH IT
BELIEVE IT
GET IT!

WOMEN'S & MEN'S
SERVICES OFFERED

HAIR EXTENSIONS
HAIR SYSTEMS
LASER HAIR THERAPY
DIOLAZE HIGH SPEED LASER HAIR REMOVAL
FACE & BODY RENEWAL
BODY CONTOURING & CELLULITE
SKIN CONTRACTION & TIGHTENING
AGE SPOTS & SPIDER VEINS
SKIN RESURFACING & REJUVENATION

HRSCALGARY.COM

BOOK YOUR COMPLIMENARY CONSULATION TO RECEIVE
THE ADDITIONAL SAVINGS FOR 2016!

HAIR RESTORATION SERVICES
403.212.0022
1632-14 AVE NW,
SUITE 268 CALGARY, AB
LIKE US

CONSUMER CHOICE AWARD 2016 SOUTHERN ALBERTA
12 YEAR

Thank you for nominating us!

in the Best Massage Clinic & Best Spa/Esthetic Categories
in Metro Calgary Community Choice Awards!

403.547.9558
106 Crowfoot Terrace NW
thesparitual.com

Check out the list of nominees and get ready to cast your vote

BEST GREEK RESTAURANT
Broken Plate
Calypso's Greek Taverna
Kuzina
Manie's Pizzeria
Opa Souvlaki
Paros On Main
Pegasus Restaurant
Plaka Greek Taverna
Santorini Greek Taverna
Spiros Pizza

BEST GROCERY STORE
Basha Foods International
Calgary Co-Op
Community Natural Foods
Italian Supermarket
Lina's Italian Market
Planet Organic
Save On Foods
Sobeys
Sunterra Market
T&T Supermarket Inc

BEST HAMBURGER
Blue Star Diner
Boogie's Burgers
Burger 320
Clive Burger
Five Guys Burgers & Fries
Flipp'N Burgers
Lot 102
Loungeburger
Naina's Kitchen
Peter's Drive-In

BEST ICE CREAM / GELATO / FROZEN YOGURT STORE
Amato Gelato
Fiasco Gelato
Lics - Leavitt's Ice Cream Shop
Made By Marcus
Menchies
My Favorite Ice Cream Shoppe
Peter's Drive-In
Rita's Italian Ice
Tutti Frutti
Village Ice Cream

BEST INDIAN RESTAURANT
Clay Oven
Karma Fine Indian Cuisine
Mango Shiva
Moti Mahal
Namskar
Rajdoot Restaurant
Safari Grill
Taj Mahal Restaurant
Tamarind East Indian Restaurant
Tiffin Curry

Bonterra Trattoria
Cibo Calgary
La Brezza Ristorante
La Vita E Bella
Mercato
Scopa
Spolumbos
Sugo Trattoria
Vero Bistro
Villa Firenze

BEST LATIN RESTAURANT
Anejo Restaurant
Blanco Cantina
Bolero
Gaucho Brazilian Barbecue
Los Chilitos
Los Mariachis
Picaditas Latin Foods
Sabroso Restaurant
Salsa Mexican Food Restaurant & Bar
Salt and Pepper

BEST LIQUOR STORE
Calgary Co-Op
Craft Cellars
Crowfoot Wine & Spirits
Liquor Depot
Oak and Vine
Olympia Liquor
Real Canadian Liquor Store
Solo Liquor
Vine Arts Wine and Spirits
Willow Park Wines & Spirits

BEST NATURAL FOOD STORE
Amaranth Whole Foods Market
Blush Lane Organic Market
Calgary Co-Op
Community Natural Foods
Market 17
Morning Sun Health Foods
Planet Organic
Sunnyside Natural Market
Sunterra Market
Willow Natural Foods

BEST OUTDOOR PATIO
80th & Ivy
Bonterra Trattoria
Broken City
Hotel Arts
Los Chilitos
Lot 102
National (on 17th)
Oak Tree Tavern
Original Joe's
Ship & Anchor

BEST OVERALL RESTAURANT
Anejo Restaurant
Charcut Roast House
Lot 102
Model Milk
Native Tongues Taqueria
Ox & Angela
Pigeonhole
Rouge
The Nash
Una Pizza & Wine

BEST PIZZA
Atlas Pizza Sports Bar
Famoso Pizzaria
Gaga Pizza
Nick's Steakhouse & Pizza
Olive Grove Pizza
Pulcinella
Rea's Italian Cuisine
Una Pizza & Wine
Vern's Pizza
Without Papers

BEST PUB
Bowness Pub
Broken City
Hose and Hound Neighbourhood Pub
Ironwood Stage & Grill
Mad Rose Pub
Original Joe's
Ship & Anchor
St. James Corner
The Garrison Pub & Eatery
Vagabond Calgary

BEST SEAFOOD RESTAURANT
Big Fish
Catch
Charbar
Embarcadero Wine & Oyster Bar
Joey's Seafood Restaurant
Kingfisher
Mercato
Oceana
Pelican Pier
Rodneys Oyster House

BEST STEAK RESTAURANT / CHOPHOUSE
Caesar's Steak House
Charbar
Charcut Roast House
Hy's Steakhouse
Modern Steak
Notable
Ruth's Chris
Trib Steakhouse
Vintage Chophouse
Wellington's Of Calgary

BEST SUSHI RESTAURANT
Globefish
Hana Sushi
Haru sushi and Grill
Kinjo Sushi
Macleod Sushi & BBQ
Roku Japanese Restaurant
Shibuya Izakaya Japanese Restaurant
Sushi Bar Zipang
Sushi Ginza
Tenshi Sushi

METRO CALGARY COMMUNITY CHOICE

Thank You Calgary!

CAESAR'S

Julius Caesar's Steakhouse & Lounge. Est. 1972

Downtown | 512 4 Avenue SW | 403-264-1222
Willow Park | 110, 10816 Macleod Trail SE | 403-278-3930
caesarssteakhouse.com

germain.santespa.com
899 Centre Street SW CALGARY, AB 403.930.5959

METRO CALGARY COMMUNITY CHOICE

REALTOR®

CHRISTINE HOURD

"This is an amazing compliment to be included in the Top 10 for the Community Choice Awards. Thank you for your incredible support!

Working with my clients and seeing how happy they are to walk through the door of their new home, or sticking on that sold sign, makes my job so very rewarding. I look forward to helping many more people with their next move."

office: 403.253.1901 mobile: 403.400.5541
email: christine@innercityyyc.com
fax: 403.592.9426
110-7220 Fisher Street, Calgary, AB, T2H 2H8

2012 - 2013

ROYAL LEPAGE
Benchmark
INDEPENDENTLY OWNED AND OPERATED

Check out the list of nominees and get ready to cast your vote

BEST WINE STORE
Bin 905 Calgary Wine Shop
Calgary Co-Op
Craft Cellars
Crowfoot Wine & Spirits
Kensington Wine Market
The Cellar Wine Store
Vine Arts Wine and Spirits
Vine Styles
Willow Park Wines & Spirits
Zyn The Wine Market

BEST WINGS
Anju Restaurant and Lounge
Black Cat Lounge & Grill
Briggs Kitchen + Bar
Hose and Hound Neighbourhood Pub
Hudson's Taphouse
Kilkenny Irish Pub
Lot 102
Mug Shots
Original Joe's
Regal Beagle

Home & Condo

BEST APPLIANCE STORE
Atlas Appliances
Bowest Appliances
Castle Appliances
Coast Wholesales Appliances
Home Depot
Jerome's Appliance Gallery
The Brick
Trail Appliances
Vantage Appliances

BEST ESTABLISHED COMMUNITY
Brentwood
Bridgeland
Inglewood
Kensington
Lake Bonavista
McKenzie Towne
Mission
Parkdale
Riverbend
Willow Park

BEST FLOORING STORE
Alberta Hardwood Flooring
All Floors
Calgary Flooring Designs
Calgary Hardwood Flooring
Century Carpet One
Crestview Floors
Fitz Flooring Ltd.
Mint Floor Coverings
Nu-Way Floor Fashions
Westvalley Carpet & Flooring

BEST FURNITURE STORE
Bondars
Crave Furniture Ltd.
EQ3
F2 Furnishings
Home Evolution
Ikea
La-Z-Boy Home Furnishings & Décor
McArthur Fine Furniture
Revolve Furnishings
Structube

BEST LIGHTING STORE
Calgary Lighting Products
Canadian Tire
Carrington Lighting
Cartwright Lighting
Home Depot
Lowes
Rona
Signature Lighting
The Lighting Centre
Vivid Concepts

BEST MATTRESS STORE
Black Sheep Mattress Company
Dormir Bed and Foam
Ikea
Leons
Mattress Mattress
Mattresses For Less
Simmons Mattress Gallery
Sleep Boutique
Sleep Country
The Brick

BEST MOVING COMPANY
Bill & Ben Movers
Calgary Professional Movers
Darwin's Moving & Deliveries
Highland Moving & Storage
Jay's Moving & Storage
Starline Overseas Moving
Super Duper Movers
Two Amigos Moving
Two Small Men With Big Hearts
You Move Me

BEST NEW COMMUNITY
Artesia
Auburn Bay
Castle Keep
Evanston
Heritage Pointe
Legacy
Mahogany
Riverstone Of Cranston
Seton
Walden

BEST NEW CONDOMINIUM BUILDER
Bucci
Calbridge Homes
Cardel Lifestyles
Homes by Avi Urban
Jayman
Qualex-Landmark
Streetside Development Corporation
Trico Homes
Truman Homes
Viridian Condos

BEST NEW HOME BUILDER
Brookfield Homes
Cardel Homes
Genesis
Homes By Avi
Jayman Homes
Mattamy Homes
Morrison Homes
Shane Homes Ltd
Stepper Custom Homes Inc
Trico Homes

BEST REALTOR
Adnan Assaf - Century 21
Alan Zunec - Century 21
Bryon Howard - Re/Max House
Chris Marshall - Re/Max House Of Real Estate
Christine Hourd - Royal Lepage Benchmark
Ivan Cilic - Re-Max Mountain View
Jordy Huntrods - Royal Lepage Solutions
Laura Christie - Royal Lepage Benchmark
Ron Sawchuk - Re/Max First
Shawn Riley - Re/Max House of Real Estate

BEST ROOFING COMPANY
A. Clark Roofing & Siding
Bahn Projects Inc
Big Top Roofing and Exteriors
Calgary Elite Roofing
Century Roofing
Epic Roofing & Exteriors Ltd.
Hubbard Roofing
Meerkat Roofing
Sunik Roofing
United Roofing

BEST WINDOWS & DOORS STORE
EuroStar Windows and Doors
Gienow Windows & Doors
Greg Martineau Projects
Jeld-Wen Windows & Doors
Lux Window & Glass Ltd
Max-Green Windows & Doors LTD
Ply Gem Windows & Doors
Supreme Windows
Western Windows
Window & Door Guys

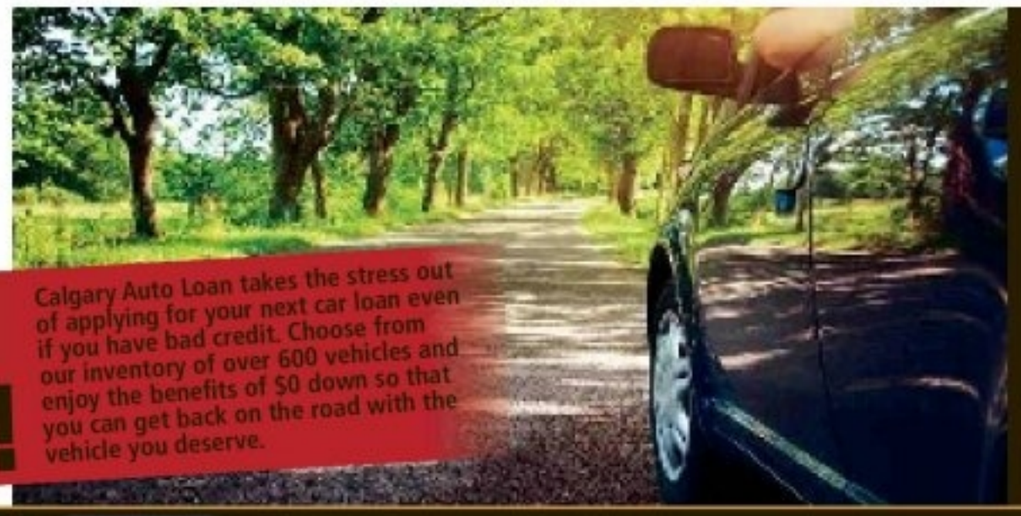
METRO CALGARY COMMUNITY CHOICE

IT DOESN'T MATTER IF YOU HAVE

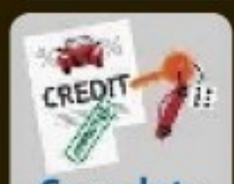
BAD CREDIT or NO CREDIT

YOU'RE APPROVED!

Calgary Auto Loan takes the stress out of applying for your next car loan even if you have bad credit. Choose from our inventory of over 600 vehicles and enjoy the benefits of $0 down so that you can get back on the road with the vehicle you deserve.



Three Simple Processes



Complete The Form

Choose Your Vehicle

Drive Your Vehicle Home

Lets Get Started

www.autoloancalgary.ca

CALGARY AUTO LOAN

1920 Pumphouse Road SW
Calgary, Alberta T3C 3N4 | 1-855-397-6218

Ask about the May Cash Back Bonus on all Approved Loans!

AMVIC

METRO CALGARY COMMUNITY CHOICE

IT'S TIME TO VOTE FOR YOUR FAVOURITES!

VOTING TAKES PLACE ONLINE FROM MAY 24 - JUNE 8

VISIT CALGARY.METROCOMMUNITYCHOICE.COM

VOTE FOR YOUR FAVOURITES!

metro

Visit our website! bigmoptical.com

THANK YOU FOR NOMINATING US IN BEST OPTICAL CATEGORY!

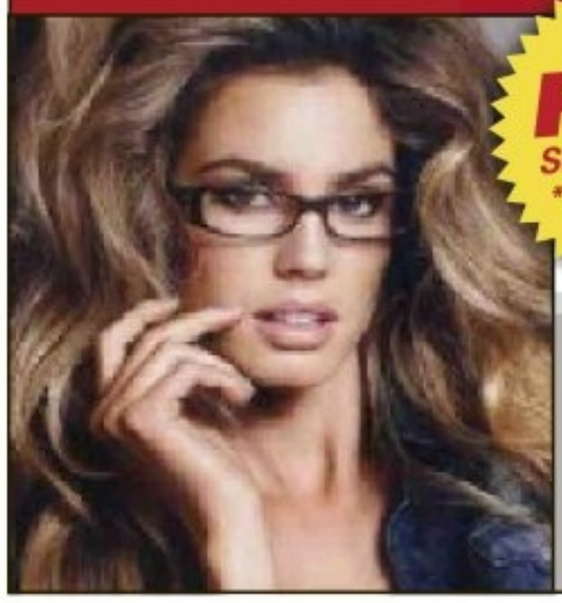
TWO FOR ONE SALE

ALL FRAMES IN-STORE

Single vision lenses & frames 2PR $199

Bifocal lenses & frames 2PR $309

Multifocal lenses & frames 2PR $349



FREE SITE TESTING *With Purchase

Direct Claim Submissions To Most Insurance Companies

Seniors & Social Service Recipients Welcome

Big M OPTICAL

#5, 3012 17th AVE SE

403-248-8448

Inside Shoppers Drugmart

COMMUNITY CHOICE TOP 10 NOMINEE

Thank you CALGARY FOR YOUR SUPPORT & VOTES!

ALLMAKES AUTO REPAIRS

A TRUSTED INDEPENDENT SUBARU SERVICE CENTRE

224-41 AVE NE allmakesautorepairs.com 403.291.2291

Check out the list of nominees and get ready to cast your vote

Shopping

BEST BICYCLE SHOP
Alberta Bike Swap
B & P Cycle & Sports
Bike Bike
Bow Cycle
Calgary Cycle
Canadian Tire
Eurotech Cycle
Ridley's Cycle
The Bike Shop
The Cyclepath

BEST BRIDAL SHOP
BCBG Max Azria
Beautiful Bride
Cameo & Cufflinks
David's Bridal
Durand Bridal
Etho's Bridal Group
Jessica & Belle Rykiss Bridal
The Bragging Bride Boutique
The Bridal Boutique
The Bridal Centre

BEST CHILDREN'S CLOTHING STORE
Coco & Charlie Children's Store
Kacz Kids
Little Footprints
Once Upon A Child
Purplesaurus
Purr Petite
Real Canadian Superstore
Stephanie's Kids
The Childrens Place
The Hawthorne Tree

BEST CONSIGNMENT STORE
Better On You
Clothes Horse
Curated Consignment
Danielle's Consignment Boutique
Feisty Consignment
Peacock Boutique
Salvedge Fashion
Sass Consignment Boutique
Trend Fashions
Vespucci

BEST GARDENING CENTRE
Blue Grass Nursery
Canadian Tire
Cobblestone Home & Garden
Golden Acre Garden Sentre
Greengate Garden Centre
Home Depot
Lowes
Real Canadian Superstore
Spruce It Up
Sunnyside

BEST HOBBY STORE
Action Hobby Canada Ltd.
Another Dimension Comics
Chinook & Hobby West
Comic-Kazi
Don's Hobby Shop
Kensington Art Supplies
Michael's
Model Land
Phoenix Comics
PM Hobbycraft

BEST JEWELLERY STORE
Anthony Jewellers
Bow Valley Jewellers
Brinkhaus Jewellers
Calgary Jewellery
Fleetwood Jewellery
J. Vair Anderson
Jewels By Maxime's
Spence Diamonds
Tiffany's
Troy Shoppe Jewellers

BEST LINGERIE SHOP
Bratopia
Crimson Lingerie
Knickers N Lace
La Senza
La Vie En Rose
Pink
Pink Ginger
Shades Of Sleep
SHE Lingerie
Victoria's Secret

BEST MEN'S CLOTHING STORE
Bench
Brooklyn Clothing Co.
Forman's Menswear
Harry Rosen Men's Wear
Hugo Boss
Mark's
Mule Ties
O'Connors
Thomas Jeffery Men's Wear
Underground Clothing

BEST MUSIC STORE
Axe Music
Guitarworks
Long & McQuade
Michael Lipnicki Fine Pianos
Music Centre Canada
Music Makers
Piano Gallery
Sak's Music
St. John's Music
Steinway Piano Gallery

BEST PET SHOP
Big Al's Aquarium
Fairplay Store
No Bowndaries Pet World
Paws Pet Food and Accessories
Pet Planet
Pet Smart
Petland
Pisces Pet Store
Tail Blazers Health Food Store For Pets
Unleashed

BEST SHOE STORE
Alberta Boot Company
Arnold Churgin
Footlocker
Gravity Pope
John Fluevog
Luna Blue Shoes
Payless
Steve Madden
The Shoe Company
Vans

BEST SPORTING GOODS STORE
Adrenalin Source For Sports
B & P Cycle & Sports
Bass Pro Shops
Canadian Tire
Hockey Experts
Mountain Equipment Co-op
Play It Again Sports
Sport Check
Tuxedo Source For Sports
Wholesale Sports Outdoor Outfitters

BEST TOY STORE
Castle Toys
Forever Toys
Kacz Kids
Livingston & Cavell
Mastermind Toys
PM Hobbycraft
The Discovery Hut
The Lego Store
The Vanishing Rabbit Magic Shop
Toys R Us

BEST WOMEN'S CLOTHING STORE
American Apparel
APT22
Aritzia
Bellissima
Blame Betty
Blu's
Espy Experience Inc.
Guess
H & M
Lululemon

METRO CALGARY COMMUNITY CHOICE

dogma
training & pet services inc.

unleash your dog's spirit

SETTING THE STANDARD IN DOG DAYCARE AND TRAINING

THE DOGMA DIFFERENCE: MORE THAN JUST DAYCARE

- An enriched dog behavior center
- Owned and operated by certified dog trainers
- Dog expertise you didn't even know you needed
- Highly-trained, knowledgeable daycare staff
- Max 10-12 dogs/playgroup, fully supervised
- Daily training activities in daycare
- Unique membership-based training programs
- Specialize in fear, reactivity and aggression
- Exclusive puppy daycare program
- Free puppy socialization classes

2 convenient locations!

www.dogmatraining.com

Est. 2008
dogmaU

Spring Sale Event

UP TO 50% OFF PRESCRIPTION EYEWEAR & SUNGLASSES

Sunridge Mall 403.457.7000 • Market Mall 403.457.7001
WWW.OPTIKO.CA
Opticians/Optometrists In Sunridge & Market Mall

Optiko

- Optometrist Now Accepting New Patients • Walk-Ins Welcome
- Direct Billing to Most Insurance Providers • On-Site Lens Lab

Nikon ZEISS Transitions

METRO CALGARY COMMUNITY CHOICE

Thank You Clients!

I owe it all to you!

WOW! The Top 10! I'd love your help to make it #1! Please remember to vote for your Metro Community Choice Realtor® today!

My name is Laura Christie and I invite you to check out my website **www.keytocalgary.com** or give me a call at **403.971.8996** to discuss your Calgary and area Real Estate needs.

ROYAL LEPAGE Benchmark

CAREER TRAINING ON YOUR TERMS

CONSUMER CHOICE AWARD 2015 SOUTHERN ALBERTA

Your school schedule should fit around your life.

Academy of Learning's flexibility means you can achieve your dreams, your way.

Career Programs in Healthcare, Business, IT, Legal, Hospitality, Accounting and more!

Funding may be available for those who qualify.

CALGARY NORTHEAST	(403) 569-8973
CALGARY SOUTH	(403) 252-8973
RED DEER	(403) 347-6676

Academy OF LEARNING CAREER COLLEGE

www.academyoflearning.ab.ca

MAZDA

NORTH Hill mazda

WE Love SMILES!

North Hill Mazda thanks all Calgarians for voting us into your Top 10 Favorite!!

Come & Visit us today!

TO SEE WHY WE ARE CONSISTENTLY

CALGARY'S TOP CHOICE! in these three categories

IMPORT CAR DEALERSHIP | USED CAR DEALERSHIP | AUTO SERVICE CENTRE

NORTH Hill 403.276.5962 NORTHHILLMAZDA.COM 1211 CENTRE ST. NORTH

DRIVING MATTERS ZOOM-ZOOM

ALBERTA HARDWOOD FLOORING

CONGRATULATIONS TO THE WINNERS OF THE COMMUNITY CHOICE AWARDS!

For over twenty years, Calgary homeowners, builders, architects and designers have chosen us for their flooring and window decor. Visit our website or our showroom to see why.

A REPUTATION YOU CAN STAND ON

www.albertahardwood.com 621 Manitou Road SE | Tel. 403-692-6651

Take a long walk with the right gear

Longer hikes call for quality shoes and backpacks. ISTOCK

OUTDOOR ADVENTURES

How to keep feet happy, and hiking safety tips

Jason Menard

Interested in getting more activity in your life? It can be as easy as enjoying the great outdoors — and with the abundant natural beauty in Alberta, hiking and backpacking could be just the ticket to health and happiness.

"Walking is one of the best exercises that you can do," explained Jane Ross, chair of the Alberta Hiking Association. "Also, if you belong to a hiking club or join a meet-up group, there are definite social advantages. Hiking/walking erases all social and economic dividers between people. If you hike with a club or a meet-up group you are joining others who enjoy the outdoors and the camaraderie of like-minded people.

"You don't have to undertake a five-day backpack to enjoy good company and excellent exercise."

Having the right equipment is important, said David Arsenault, the hard goods buyer at Campers Village. And while many people get involved because a friend has some extra equipment, if you find that you want to pursue the activity, it's worth investing a little in quality gear.

"Footwear is probably going to be your best friend," he said. "I've seen people hiking in flip flops, I've seen people hike in running shoes, but if you're going to do longer hikes, you need the right footwear and a quality backpack.

"Keep your feet happy, keep your back happy, and you'll enjoy the experience more."

Arsenault explained that an outdoors shop, like Campers Village, can provide you with help on sourcing the right gear — everything from water filters to tools that can tether your cell phone to satellites to provide notifications. But both he and Ross say it's important to note that while the paths are well maintained and marked, you're still in the wild.

"Safety. Never leave home without it," Ross said. "Anytime you are hiking outside city limits, always carry bear spray. Remember black bears can be as dangerous as a momma grizzly."

Before you take that hike

So what do you need to take your first steps on a hike? And possibly working towards a more rigorous backpacking adventure?

"A good pair of running shoes is all you need if you are planning an hour or two walking along city pathways," explained Jane Ross, chair of the Alberta Hiking Association. "Hiking in the mountains, though, calls for more robust footwear that gives you good ankle support. Some people find that hiking poles ease the pressure on knee joints."

And if you're going for a longer trip, you'll need other items including sleeping rolls, tents, and food.

"For a day hike or a backpacking trip, hikers require a pack [day pack or backpack] where they will carry a water bottle and/or a water purifier, rain gear in case there is a change in the weather, and a snack," Ross added. "A compass, GPS, topographic maps and guidebooks will help give any hiker, experienced or not, confidence in hitting the trail." JASON MENARD

ISTOCK

FIVE TRAILS TO EXPLORE AROUND CALGARY

Interested in hitting the trails and exploring the great outdoors in and around Calgary? David Arsenault, hard goods buyer, Campers Village, offers a selection of five trails that may pique your interest.

1. Burstall Pass — located in Peter Lougheed Provincial Park near Kananaskis, Alta.
2. Windtower — another trail near Kananaskis, Alta.
3. Rawson Lake — also near Kananaskis, Rawson like sits below Mt. Sarrail.
4. Canyon Creek Ice Cave — a more difficult, 8.2-mile trail accessible from March until November.
5. Lillian and Galatea Lakes — along the banks of Galatea Creek, arriving at Lillian Lake with a suspension bridge crossing.

JASON MENARD

STAR METRO MEDIA THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

metro SPORTS

Milos Raonic advanced to the second round of the French Open with a 6-3, 6-2, 7-6 (5) win over Janko Tipsarevic Monday

Little Joe has Sharks out in front in Western final

NHL PLAYOFFS

Pavelski pots two more as Blues crumble in Missouri

GAME 5 In St. Louis

6	3

Joe Pavelski scored two goals, including the go-ahead score in the opening minute of the third period, and the San Jose Sharks beat the St. Louis Blues 6-3 to take a 3-2 lead in the Western Conference final on Monday night.

Joel Ward also scored twice including one of two empty-netters in the final minute for San Jose, which can close it out at home on Wednesday night. The Sharks have never reached the Stanley Cup Final. Joe Thornton had three assists for the Sharks.

Pavelski leads the playoffs with 12 goals and has three two-goal games, one in each series. The Sharks' captain added an assist and is tied with teammate Logan Couture for the post-season points lead, each with a franchise-record 21 points.

Rookie Robby Fabbri scored and David Backes had an assist for St. Louis. Both were questionable coming off injuries in Game 4.

The Blues are just 4-6 at home in the post-season, and failed to hold leads of 2-1 and 3-2 in Game 5. They're 6-3 on the road.

The Sharks were 2-for-3 on the power play in the win.

Troy Brouwer batted in a rebound from midair for St. Louis and Ward also scored a similar goal for San Jose with his first of the game.

Brouwer leads St. Louis with eight goals in 19 games this post-season after totalling seven in his first 78 playoff games.

Pavelski was left alone in the slot on a power play at 18:33 of the second and beat Jake Allen to tie it at 3-3. He redirected Brent Burns' drive from the point 16 seconds into the third to put the Sharks in front to stay.

San Jose goalie Martin Jones allowed three goals on the Blues' first 13 shots, but stopped all seven shots in the third.

The Sharks scored first on Marc-Edouard Vlasic's first goal of the post-season from the point at 3:51 of the first period.

THE ASSOCIATED PRESS

Tomas Hertl jumps on the back of Joe Pavelski after the Sharks captain's third-period goal on Monday night in St. Louis. JAMIE SQUIRE/GETTY IMAGES

Bismack Biyombo and DeMar DeRozan celebrate during Game 4. FRANK GUNN/THE CANADIAN PRESS

NBA PLAYOFFS

Dinos deliver as decibels rise

RAPTORS

T.O. EVENS SERIES 2-2

GAME 4 In Toronto

105	99

On a night that marked the Toronto Raptors' most dramatic game of the post-season, they clawed their way back to tie up the NBA Eastern Conference final.

Kyle Lowry scored 35 points, while DeMar DeRozan added 32 in the Raptors' 105-99 victory over the Cleveland Cavaliers, two games after the Raptors had been all but written off.

DeMarre Carroll chipped in with 11 points, while Bismack Biyombo hauled down a game-high 14 rebounds.

LeBron James had 29 points to top Cleveland.

Backed by Lowry's sharpshooting, the Raptors raced out to an 18-point first-half lead.

The Raptors were clobbered by the Cavaliers by 50 points combined in Games 1 and 2 in Cleveland, but backed by the hometown crowd, roared to a 99-84 win in Game 3.

Game 5 is Wednesday in Cleveland, then the series returns to Toronto for Game 6 on Friday.

THE CANADIAN PRESS

IN BRIEF

Darvish set to make first MLB start in nearly 2 years

Yu Darvish is line to make his first start Saturday for the Texas Rangers in nearly 22 months since having Tommy John surgery.

Darvish is expected to start for the Rangers in Saturday night's home game against Pittsburgh after five rehab outings this month.

Manager Jeff Banister said Monday that Darvish will start the middle game of that interleague series if he feels good.

THE ASSOCIATED PRESS

Still plenty of air in 'Deflategate' court case

Tom Brady's lawyers asked a federal appeals court for a new hearing before an expanded panel of judges, telling them on Monday that it is not just a silly dispute over underinflated footballs — it's the basic right to a fair process that is shared by all union workers.

Setting the stage for the "Deflategate" scandal to stretch into its third season, and putting Brady's four-game suspension back in the hands of the courts, the players' union asked all 13 judges of the 2nd U.S. Circuit Court of Appeals to hear the case that a three-judge panel decided in the league's favour.

THE ASSOCIATED PRESS

FA Cup victory not enough to save Van Gaal

Replacing Alex Ferguson is proving harder than Manchester United could ever have imagined.

United is looking for its third manager since Ferguson's trophy-laden 26-year dynasty ended in 2013 after firing Louis van Gaal on Monday two days after winning the FA Cup but following months of uncertainty around his position.

Jose Mourinho is set to take over at Old Trafford as the latest coach attempting to revive the fortunes of England's biggest club.

THE ASSOCIATED PRESS

RECIPE Corn and Black Bean Cous Cous Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A hearty salad on its own or top it with grilled chicken for a quick and easy dish.

Ready in
Prep time: 15 minutes
Cook time: 10 minutes

Ingredients
- 1 package couscous
- 4 ears of corn, boiled
- 1 red bell pepper, cored, seeded and diced
- 1 can organic black beans, rinsed and drained
- ½ cup finely chopped red onion
- 1 cup crumbled feta cheese
- 1/3 cup cilantro, finely chopped

Dressing
- 1 tablespoons extra virgin olive oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1/4 teaspoon salt

Directions

1. Cook couscous according to package directions. Bring a large pot of salted water to boil. Drop in corn. Allow to cook for 3 minutes, or until corn is tender. Remove from water and allow to cool. Cut corn kernals from cob.

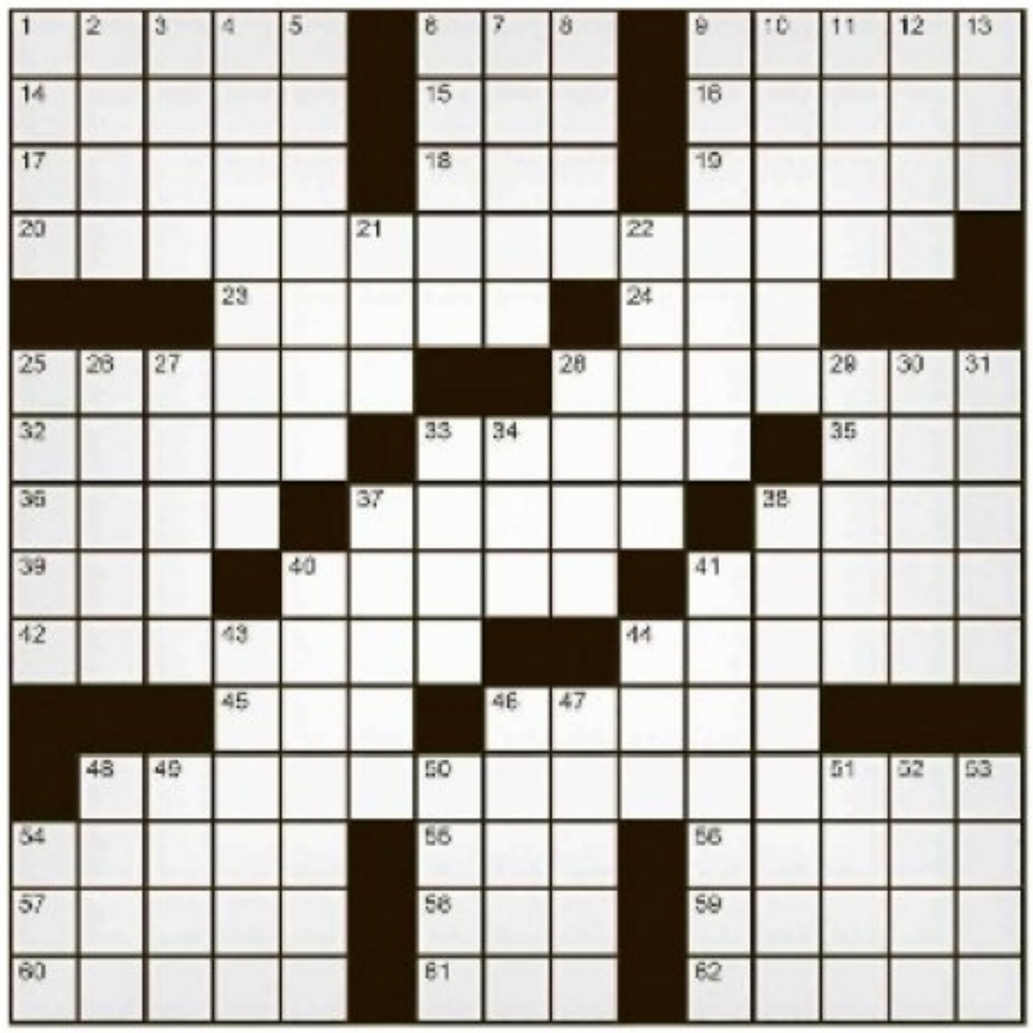
2. Pour couscous into a larg mixing bowl and stir in corn, black beans, red bell pepper and feta. In a small bowl, whisk the olive oil, rice wine vinegar, lime juice and honey. Sprinkle in the salt and stir.

3. Pour dressing over salad and mix to coat cous cous. Stir in cilantro. Serve immediately or chill for one hour and serve cold.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Grates
6. "How naughty!"
9. Connivers
14. Basketball great Mr. Thomas
15. Sushi tuna
16. Montreal Olympics legend Ms. Comaneci
17. Motor scooters name
18. Aperitif, __ Royale
19. __ Dinner (Canadian food favourite)
20. 'Branta canadensis' for the Canada Goose: 2 wds.
23. Cheerful
24. Amazed reaction!
25. Wedding reception drinks offering: 2 wds.
28. Disney movie musical of 1992 starring Christian Bale
32. Neighbourhoods
33. Anthony of "The Guns of Navarone" (1961)
35. Make long grass short
36. "The __ Show" (Chuck Barris hosted 1970s show)
37. Scottish poet Robert
38. Shell
39. Star of ABC sitcom "Modern Family", __'Neill
40. The Power of Positive Thinking author, Norman Vincent __ (b.1898 - d. 1993)
41. Humphrey Bogart's nickname
42. __ populated (Like a large city)
44. __ contest (Show like #36-Across)
45. Mr. Linden
46. Domicile
48. Canadian standup comedian who famously appeared on #36-Across as his alter ego at #9-Down: 2 wds.
54. Dog: Latin
55. Cook's crack-ee
56. Wed, Vegas-style
57. Acid kind
58. Travel delay
59. More unique
60. Eucharist
61. Pastureland
62. Swashbuckler's prop

DOWN
1. Yukon's Porcupine, et al.
2. "Gimme _ _..." (Hold on...)
3. Yes x 2, in Madrid
4. Disguise worn by #9-Down: 2 wds.
5. Canadian singer Ms. Twain's
6. "_' Care of Business" by BTO
7. Worker's time to work
8. Opera's Dame _ Te Kanawa
9. As per #48-Across... The _ Comic
10. Canadian songstress Ms. McLachlan
11. Cheese variety
12. Abundant
13. Weekend day, wee-ly
21. Road's coat
22. Joel and Ethan of Hollywood
25. __ war (Battled)
26. Eat away
27. Mortise and __ (Carpentry joint)
28. Fourteen - five = What?
29. Picture
30. Reddish-rose dye
31. Sugary
33. Wharf
34. WWW address
37. Edward's beloved in 'Twilight' movies
38. Restaurant dish go-with: 2 wds.
40. Toronto's big airport
41. Pesters
43. Vigil vicinity
44. Unit of weight ...US-style
46. Pool nuisance
47. Like oversized clothing
48. Papa's wife
49. Segment
50. Holler!
51. Matador's victim
52. Secret agent, for short
53. "Happy Days" geek
54. Hat

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
In the next three weeks, you will notice more beauty in your surroundings. In addition, you will be aware of how much love there is in your daily world.

Taurus April 21 - May 21
Look for ways to boost your income in the next few weeks, because you can do this. You will want to buy beautiful things for yourself and for loved ones.

Gemini May 22 - June 21
Today Fair Venus moves into your sign to stay for the next three weeks. This means this is perhaps the best time of the year for you to buy wardrobe goodies.

Cancer June 22 - July 23
Clandestine love affairs and secret rendezvous will take place for many of you in the next few weeks. (Don't threaten a long-term relationship with a mere bonbon.)

Leo July 24 - Aug. 23
Friendships will warm up in the next few weeks. In fact, many of you will attract creative, artistic people to you. Expect a lovely, social time ahead.

Virgo Aug. 24 - Sept. 23
In the next few weeks, someone will ask for your creative input on form, design, layout, gardening, furniture arrangement — whatever. Relations with authority figures will be cozy as well.

Libra Sept. 24 - Oct. 23
Travel for pleasure will appeal to you in the month ahead. Grab every chance you can to expand your world and enjoy museums and the creative art of other cultures.

Scorpio Oct. 24 - Nov. 22
Keep your pockets open, because gifts, goodies and money from others will come your way in the next several weeks. Don't ask questions. Just say, "Thank you!"

Sagittarius Nov. 23 - Dec. 21
Venus opposite your sign for the next few weeks is one of the best times for warm friendships, marriages and close partnerships. Venus paves the way for a lovely give and take.

Capricorn Dec. 22 - Jan. 20
Praise, a raise and improved relations with co-workers will please you in the next few weeks. Even your health will feel improved.

Aquarius Jan. 21 - Feb. 19
Romance, love affairs, vacations, fun times at sports events and playful activities with children are tops on the menu for you in the next month. Aquarians are ready to play.

Pisces
Feb. 20 - March 20
You will love to redecorate your digs in the next several weeks. However, this is also a good time for real-estate possibilities and entertaining at home.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9		2		4		5	3	8
5	8						2	
7				8				4
			7		3			
2		1				3		9
			9		5			
8				3				1
	6						9	3
4	7	3		5		2		6

© 2016 Conceptis Puzzles, Inc.

CAREER TRAINING ON YOUR TERMS

Academy of Learning's flexibility means you can achieve your dreams, your way. A wide variety of Career Programs and Individual Courses is available for you when and how you need them.

Your school schedule should fit around your life.

Academy OF LEARNING CAREER COLLEGE

www.academyoflearning.ab.ca

WANT TO KNOW MORE? CALL NOW

CALGARY NE (403) 569-8973
CALGARY SOUTH (403) 252-8973
RED DEER (403) 347-6676

UNDER THE TOYOTA TOWER

SOUTH POINTE TOYOTA SCION

SOUTHPOINTETOYOTA.COM

FINANCE Rates Starting As low as 1.9%*

LIFETIME POWERTRAIN WARRANTY*

UNLIMITED MILEAGE, UNLIMITED TIME "THERE IS NO COST TO YOU"

FREE CARPROOF *WITH PURCHASE.

MANAGER SPECIALS PRICED TO MOVE

2012 TOYOTA SIENNA

STK#P600178A

$24,998 OR $212B/W*

2013 TOYOTA HIGHLANDER LIMITED

STK# P501157A

$35,998 OR $238B/W**

2011 SCION XD

STK#PU00492

$10,998 OR $84B/W*

2011 TOYOTA HIGHLANDER V6 AWD

STK#PU00522

$30,998 OR $269B/W*

2015 TOYOTA SCION TC

STK#S660049A

$20,998 OR $129 B/W**

2013 TOYOTA VENZA LTD AWD

STK#P502444B

$24,998 OR $159B/W**

2010 TOYOTA HIGHLANDER SPORT

STK#P502421B

$29,998 OR $259 B/W*

2011 SCION XD

STK#P600198A

$12,998 OR $99 B/W*

2010 MAZDA MAZDA3

STK#P600202A

$7,998

2011 TOYOTA HIGHLANDER HYBRID

STK#P502511A

$32,998 OR $287B/W**

2012 TOYOTA HIGHLANDER V6 AWD

STK#P600297A

$30,998 OR $269B/W*

2010 PONTIAC VIBE

STK#S50066A

$8,998

2012 TOYOTA CAMRY LE

STK#P5C2551A

$15,998 OR $128B/W*

2011 KIA SORENTO V6 AWD

STK#P600322A

$16,998 OR $138B/W*

2010 TOYOTA TACOMA 4X4 TRD

STK#P5C1024A

$19,998 OR $166B/W*

2011 TOYOTA HIGHLANDDR SPORT

STK#P600395A

$28,998 OR $249B/W*

2013 TOYOTA RAV4 LIMITED AWD

STK#P600401A

$26,998 OR $175B/W**

2013 TOYOTA RAV4 LE AWD

STK#P600215A

$20,998 OR $129B/W**

2013 TOYOTA CAMRY SE

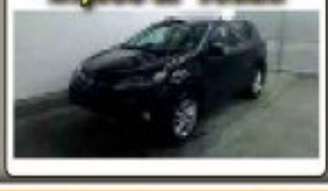
STK#P600206A

$21,998 OR $139B/W**

2013 TOYOTA RAV4 XLE AWD

STK#P502239A

$21,998 OR $139B/W**



2009 TOYOTA VENZA V6 AWD

STK#P502060A

$17,998 OR $147 B/W*

2009 TOYOTA MATRIX XR

STK#P562557A

$11,998 OR $95B/W*

2014 TOYOTA COROLLA CE

STK#PU00529

$15,998 OR $97 B/W**

SOUTHPOINTETOYOTA.COM

SOUTH POINTE TOYOTA SCION

403.567.8888

11500 - 35 St. SE

BARLOW TR. & DEERFOOT TR. SE

ALL FINANCING IS O.A.C BASED ON BANK FINANCING FOR **84 MONTH OR *60 MONTH TERMS WITH $3000 DOWN AT 5.99%. PRICES INCLUDE TAXES AND FEES PLUS GST ONLY. EXAMPLE: COST OF CREDIT DISCLOSURE, STOCK #PU00492 TOTAL COST INCLUDING COST OF BORROWING IS $13920 POWER TRAIN WARRANTY ONLY AT SOUTHPOINTE TOYOTA; 50% ON LABOUR AND PARTS. CERTAIN CONDITIONS APPLY SEE DEALER FOR COMPLETE DETAILS.